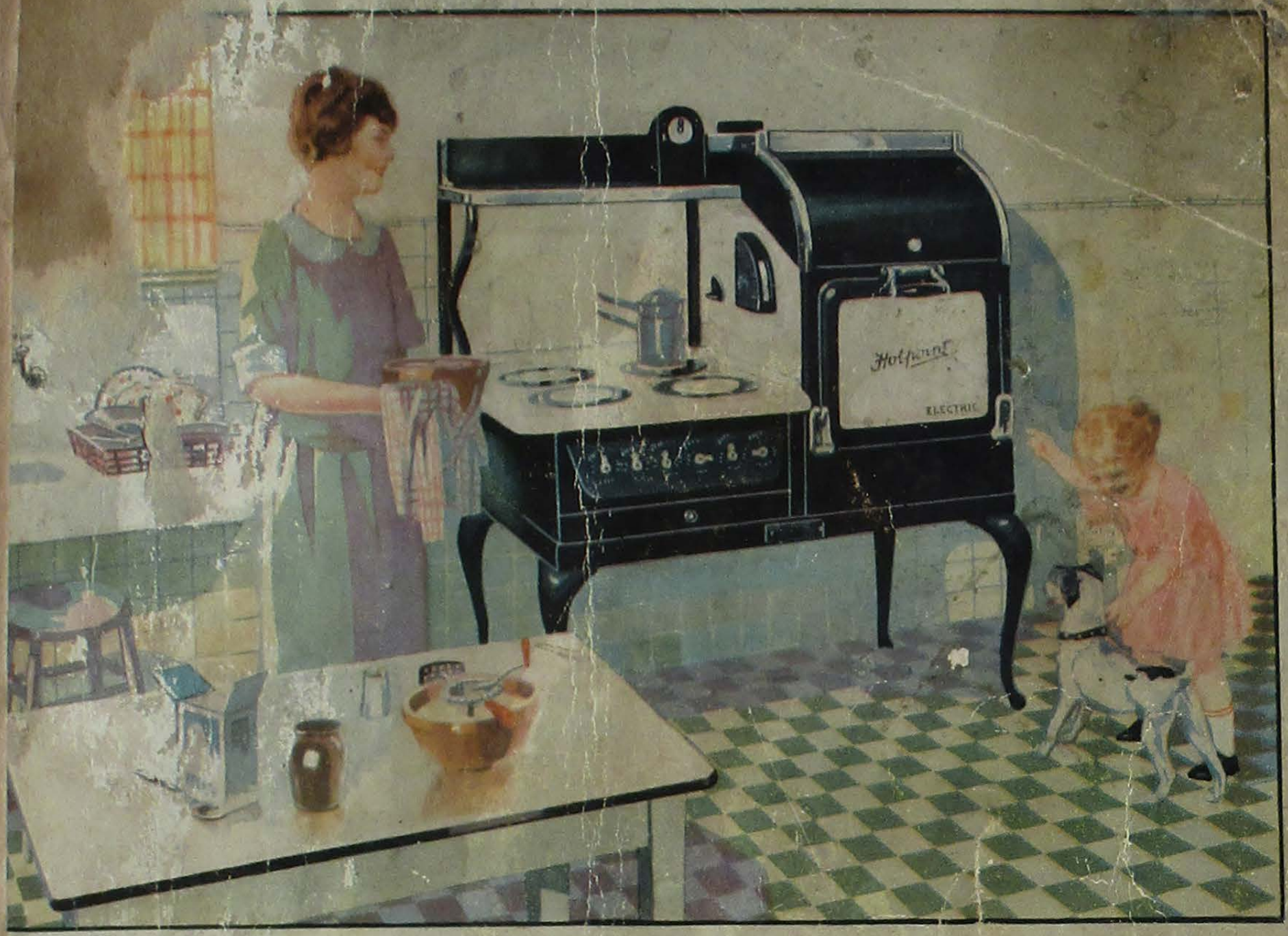

INSTRUCTION and RECIPE BOOK

FOR USERS OF

Hotpoint

ELECTRIC RANGES

Hotpoint

COOK BOOK

for

Hotpoint Electric Ranges

RECIPES *and* INSTRUCTIONS

Prepared by

BERNICE LOWEN, HOME ECONOMIST

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EDISON ELECTRIC APPLIANCE CO., INC.

5600 WEST TAYLOR STREET

CHICAGO, ILLINOIS

New York Cleveland Atlanta Los Angeles Salt Lake City Portland, Ore.

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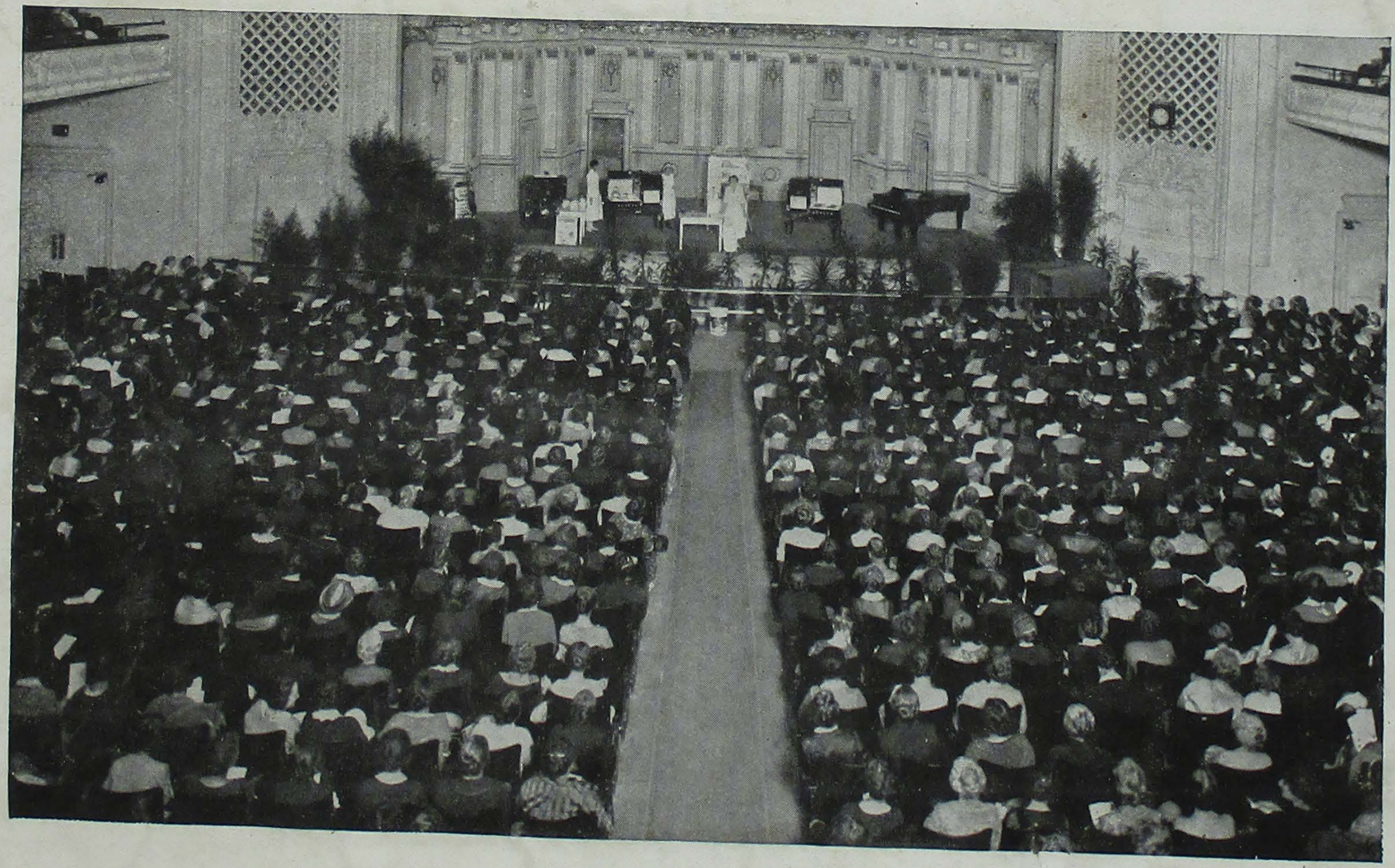


This picture illustrates the great interest displayed in the Electric Cooking Schools now being conducted by Miss Lowen throughout the country.

Electric Cookery

Electric Cookery has brought emancipation to the American woman. We turn a switch, and almost instantly "the fire is made," and this without match, trouble, or effort. But this is only the beginning of what electric cooking does for us. The achievements of the Hotpoint Electric Range are so many and so wonderful that as we become more and more absorbed in the subject of electric cooking, we realize that the results, for the woman who cooks, are without limit. How few of us stop to realize the value in raw food, and to make it palatable, the great value and worth of the fuel used, and how much more worthwhile electric fuel is to us, over any other means of cooking.

The research work done for the woman who cooks electrically has been very extensive and over a period of years. The preserving of the good points from the ancestors of the Electric Range and the discarding of the bad points has brought us the Hotpoint Super-Automatic Electric Range. This range "puts the machinery on the bottom, and the soul on top." It gives the Home-maker that subtle something we call satisfaction and help. It dignifies her work and her Home. The business of supplying food to the family is one of the Home-maker's greatest obligations. Napoleon said, "An army marches on its stomach." He was right. A man is no stronger than his digestion.

The great need which has brought about electric cooking has not been to change raw food material but to change the cooking of food. Cooking and baking at the proper temperatures under the ideal conditions of uniform heat and no circulating air and also the important items of *maintaining* temperatures and a normal air condition. This being brought about by the temperature control and the oven vent. It is possible electrically to maintain the long, low cooking temperature for egg mixtures and the quick, high, direct heat for broiling. This perfection in electric cooking has been many years in arriving. Criticism went with the early development but now with the Automatic Electric Timer and the Automatic Heat Control, we are indeed thankful that we are so fortunate as to have this superior means of cooking, this Electric Servant, The Hotpoint Electric Range, this humble yet magnificent servant.

Pride and pleasure go with Cooking Electrically! We need to eat and live in a harmonious atmosphere, so many of the events of our lives center about Food. It makes life worth living and makes Better Homes.

Why the Hotpoint Electric Range is the Perfect Range

Cleanliness

The Hotpoint Electric Range is itself a marvel of cleanliness. You can wipe your handkerchief over the units and will not soil it. Cooking utensils do not become coated with soot. Even food spilled on the units leaves no trace; burns away clean. The whole room is freed from the dirt and ashes of coal or wood, soot and fumes, the bother of matches, smoke and gummy deposits. The Hotpoint Electric Range brings an undreamed-of cleanliness into the kitchen; saves hours of work now spent in cleaning.

Comfort

The whole plan of the Hotpoint Electric Range is to conserve all heat for cooking purposes and waste none of it in the room. The result is a cooler kitchen than is possible with any other type of range. The electric units throw all of the heat directly against the cooking utensil; none of it can escape at the sides or bottom. The heavily insulated oven walls and close-fitting oven door retain the heat so well that even with the oven at high heat the outside is cool —you can put your hand on it without burning. What this means in hot weather any woman can appreciate no longer is it a burden to cook in summer, when it can be done in such comfort as the Hotpoint Electric Range affords.

Economy

The way in which the Hotpoint Electric Range conserves the heat means a decided saving in fuel cost. The heat storage principle of the oven makes it possible to start the cooking with "high" heat and finish with the heat entirely "off"—a wonderful feature in cooking which will appeal to every woman, and which will reduce fuel consumption to a minimum.

In addition, the absence of strong air currents in the oven saves food. The shrinkage in meats is materially less than in other fuel ovens, because the juices are not carried off in the air. A five-pound roast weighs approximately a pound more after cooking in a Hotpoint oven than in an oven using other fuels. This saving is well worth consideration—goes a long way toward paying the fuel bill. The reliability of the heat means fewer spoiled dishes—another saving.

Health

Plants wither and die in a kitchen filled with noxious fumes. Where plants cannot live no human being can thrive. With the Hotpoint Electric Range there is no smoke to irritate the lungs; no poisonous gases to injure the health. Plants flourish because the air is pure and wholesome. As a means of health protection this range should be in every kitchen.

Better Food

One of the marvels of the Hotpoint Electric Range is the better cooking results which are possible with it. The evenly regulated heat eliminates the guesswork of cooking and substitutes in its place an almost scientific exactness. Cooking failures are rare—success the rule. The wonderful Hotpoint oven, free from fumes which contaminate the food and from air currents which carry off the juices, produces better results than have ever before been possible. Meats are richer, jucier; bread is more moist, keeps longer; cakes are more delicate in flavor; biscuits more beautifully browned; everything has a more delicious taste. Good cooks become better; inexperienced cooks quickly learn to cook with assured success. The same heat which produces a satisfactory result one time will duplicate it every time.

Time Saving

When cooking can be done by rule instead of by guess, much of the cook's time is saved. In the Hotpoint Electric Range the heat is so uniform, so evenly regulated, that almost no watching is required. The surface units of the range are so built that food never sticks in the middle of the utensil; frequent stirring is unnecessary. Because the heat is exact, food in the oven needs no watching; you know it is cooking satisfactorily without looking. Turning is unnecessary; the oven bakes with wonderful uniformity on top, sides and bottom. Basting is not required. You can cook many foods with practically no water—meat, cabbage, onions, for example—and without frequent inspection to see that they have not cooked dry. You can put food in the oven at low heat and leave it for hours at a time while the cooking is in process, without danger of disaster. This gives you additional hours every day away from your kitchen—a thing that every woman will welcome.

Because the Hotpoint Electric Range gives better results than any other range—because it gives these results with less work than any other cooking method—it deserves a place of honor in every well ordered home.

Safety

The Hotpoint Electric Range is absolutely safe. That is a very great thing —to think that everyone in your home is protected against harm of the Cooking fuel. No matches, no leakage, no poisonous gases, no inflammable liquids, woodwork never charred, no fire risk at all.

Why the Hotpoint Electric Range Belongs in Every Kitchen

Five Superior Features on Hotpoint Electric Ranges

"ELECTRIC TIMER" AND "HEAT CONTROL." The Hotpoint "Time and Heat Controls," without watching, automatically start and stop the cooking operation, and maintain an even and accurate oven temperature.

"SPEED" UNITS. The Hotpoint "Speed Units" produce cooking heat almost immediately and deliver a maximum heat on a surface that fits four out of five utensils in the average house.

"WHITE ENAMEL" COOKING TOP. The all-white-enamel Hotpoint cooking top, with cove corners, and without any projections or inaccessible crevices, is kept clean and shining with the single wipe of a damp cloth.

"OVER-SIZED" OVEN. Makes it possible to roast a 25-pound turkey. Hotpoint gives you an "oversized" oven to take care of the largest meal. The Christmas Dinner,—the family party, will never overtax its capacity.

"SHELF" DOOR. The counter-balanced shelf door on the Hotpoint ovens, opens and closes at a touch. When open, it serves as a shelf, indispensable in the handling of hot pans.

Care and Operation of the Hotpoint Electric Range

To prepare the Electric Range for Use. Remove the enamel broiling pan, close the oven door, open the vent wide, turn both oven units on "high" until the thermometer indicates 500 degrees, then reduce both units to "low" and allow the oven to heat for approximately one hour. Open the door for a moment occasionally to allow the smoke from the enamel to pass off.

First Month. During the first month you will probably use more current than you will later when you become familiar with the operation of the electric range. Form the habit of reducing the heat to "low" after the food has been started on "high" and use the stored heat in the oven as much as possible by turning the oven switches to "off" some time before the food is cooked.

Heat Regulation. Three heats, all plainly indicated on the switch cover, may be obtained from each heating unit, "high," "medium," and "low." "High" is maximum heat; 'medium" is one-half of "high" and "low" is one-fourth of "high."

Care of Oven

Do Not Overheat the Oven! The oven should never be heated to a higher temperature than 550 degrees, as it is unnecessary and injurious. Further, is is wasteful to heat the oven above the temperature required for the particular operation. Keep the oven clean, fresh, and free from rust by always leaving the door open for a short time after cooking. Also go over the interior once or twice a month with an oiled cloth. The vegetable cooking oils are good for this purpose. The slide racks and units may be easily removed to facilitate this. By periodically oiling the oven you will prevent rust and add years of life to the range. If, at any time, the oven should become musty, heat it to 500 degrees for one hour, keeping the door closed. This will burn out any musty smell and leave the oven clean and fresh again.

Operation of the Oven

Even Heat. The electric oven is the most efficient and easily controlled of any cooking compartment. The heat is uniform and constant. Several dishes may be cooked at the same time and be free from objectionable interchange of odors.

Heat Storage Principle. The oven walls and doors are thoroughly insulated and will retain a baking or roasting temperature a long time after the current has been turned off.

Utilize Oven Heat. Vegetables may be cooked at the same time baking or roasting is being done by placing them in a covered utensil with just enough water to cover the bottom. Remember that several articles of food may be cooked in the oven at practically no greater cost than for one. There is economy in using the electric oven for cooking as many things at a time as possible. Plan your meals accordingly and your efforts will be well rewarded by saving in your bill for electricity.

Keep Oven Door Closed! Heat is wasted whenever the oven door is unnecessarily opened. The temperature in the electric oven can be maintained so uniformly that it is unnecessary to be continually opening the oven door to note the progress of the cooking. A little practice will make it possible to open the oven door only when placing the food in the oven or removing it.

Thermometer. The oven thermometer is of a superior type which accurately indicates the temperature of the oven at all times. In converting the usual statement in the cook book as to oven temperature into degrees, the following relations should govern:

Slow—250°-325° F.
Moderate—325°-400° F.
Hot—400°-475° F.
Very hot—475°-550° F.

Successful baking very largely depends on correct temperatures. Form the habit of watching the thermometer and manipulating the switches to maintain the required temperature.

Vent: The vent leading from the oven is to permit the escape of excessive moisture and to maintain a normal air condition. The moisture as it is released from the food, in the baking, can leave the oven by means of this vent. One-fourth to one-half open is the position for foods, generally speaking. When broiling, however, the vent is entirely open.

Heat Baffle. The oven is provided with a square heat baffle to properly distribute the heat from the lower oven unit. This baffle should always be kept in place directly over the oven unit. Do not place food directly on this baffle as it would burn on the bottom, but use one of the wire racks, placed near the center of the oven to support the food. Usually an air space of three to four inches between the lower unit and the lower crust of the loaf of bread, etc., is a good spacing rule to follow.

Broiling

Pre-heat the oven with the upper unit on "High" for ten or fifteen minutes, depending on the thickness of the steak. Broiling pan and rack should also be pre-heated. It should be placed close to the upper unit, with a space of possibly one inch between the food and the glowing coil. When broiling, the vent in the oven should be wide open but the door should be kept closed.

The intense radiant heat from the upper or broiling unit permits rapid searing—an important feature in correct broiling. The usual practice is to sear one side, turn as quickly as possible, and broil the other side of the steak for a longer period or until one-half done. Then turn once more and finish the first side. Some housewives prefer to turn the meat more frequently. Turning only twice, however, causes less smoke and is the method generally used by broiling cooks in the large hotels.

In broiling chicken or fish, the upper unit should be turned to "Medium" after searing as these meats are always broiled well done; hence must not be broiled too rapidly.

We recommend the use of the broiling pan without any water. Having a little water in the bottom of the pan reduces the smoke but results in a little poorer quality of browning because of the steam. It is possible to eliminate "fat firing" by turning the upper unit off just before opening the oven door, then snapping the switch back on again when the door has been closed.

Roasting

Do Not Use Double Roaster! A double roaster is unnecessary as meats roasted electrically do not form a hard crust. It is also unnecessary to baste fowl or meats of any kind as there is no circulation of air in the electric oven. Use little or no water as the oven holds the heat to such an extent that the moisture and natural juices of the meat do not evaporate.

Usually a hot oven is desired for roasting, as meats must be quickly seared to retain their natural juices.

Turn both units "high" until the thermometer registers the desired degree of heat. Place the meat in the oven. When the meat is thoroughly browned, reduce units according to recipe. See "Meats". Some time before meat is ready to be taken out, depending on the size of the roast, turn bottom unit "off" as the stored heat will complete the cooking.

Baking

Baking in the Hotpoint oven is particularly satisfactory because of the accurate temperature control and the uniform moisture condition in the oven. For instance, in baking a layer of cake the correct temperature permits the batter to expand before the crust is formed. Then the continuation of the uniform temperature secures the ideal texture and browning which is so much admired. In general, in baking, the oven is preheated with both units on "High." Then, when the oven has reached the desired degree of heat the top unit is turned "off" and the bottom unit continued on "Medium" or "Low" heat, depending on the temperature which it is desired to maintain. In using the Hotpoint Automatic or Super-automatic Ranges, the lower oven unit is left on "High" as the automatic temperature control maintains the correct heat without attention.

Toasting

The oven may or may not be heated in advance, depending upon the individual taste as to how one likes the toast served. Place the bread or crackers on the rack directly under the top unit, having the top switch turned "high." Several slices of bread or a number of crackers may be toasted at one time.

Surface Units

Be Economical! When boiling vegetables, etc., do not leave unit on "high" after the water comes to the boiling point. Low heat keeps the water boiling and reduces the current consumption 75%.

Use Very Little Water. Just enough water to cover the bottom of the utensil is sufficient. It is very important to put a cover on the utensil. This conserves the steam, and steam will cook food better than a pot full of boiling water. Bear in mind that water never becomes hotter than the boiling point. By permitting it to boil and bubble furiously you are only turning water into steam and wasting current. *Save your current whenever possible by turning switches to "low" or "medium,"* whichever is necessary to maintain boiling point.

Avoid Extravagance! Save current and reduce the electric bill. Turn the units "off" about ten to fifteen minutes before the food is thoroughly cooked. There is sufficient heat stored in the unit to continue the cooking for that length of time. Do not heat more water than is needed.

Cleaning Surface Units. Because of the even heat developed in electric units, boiling over is a very infrequent event. In case this does occur, no serious difficulty is experienced, nor is the unit materially damaged.

The sheath wire units present a solid iron top which may be cleaned by scraping with a knife and polishing with steel wool. The intense heat developed in the open unit prevents any accumulation of foreign matter. The cleaning of this unit may be accomplished by placing an ordinary pie tin, wrong side up, over the unit, and turning the current on "high" from fifteen to twenty minutes. This will incinerate any boiled over foods or foreign matter and leave the brick absolutely white. NEVER ATTEMPT TO SCRUB OR SCRAPE THIS UNIT, AS THIS IS THE ONE AND ONLY WAY THAT THE UNIT MAY BE DAMAGED.

Cooking Utensils. The utensils used on the surface heating unit should have flat bottoms and should cover the entire surface of the unit for the quickest and most satisfactory results. Use the smaller utensils on the smaller size units. Porcelain cooking utensils are most suitable for the open coil type units. Either porcelain or aluminum on the enclosed units.

Caution: Do not place toaster or utensils with legs on open coil surface units as these points may touch the glowing coils and result in consequent injury. Particular care should be paid during canning season not to spill sugar or fruit juices on the glowing wires as these materials have a deteriorating effect on the wires.

Switches. The indicating handle used on Hotpoint range switches makes it possible to determine at a glance, which units are heating. Always make it a practice, when leaving the kitchen after cooking is finished, to glance at the switches and make sure they are all in the "off" position.

Fuses. There is but one fuse for each unit, located in the switch. They are accessible by withdrawing the cleanout pan a few inches. The fuse is located directly below the handle of the switch. Any replacements should be made with 20 ampere fuses.

Convenience Outlet. Just under the edge of the cooking top is located an outlet in which your percolator, flatiron, toaster, etc., may be plugged in, thus in many cases securing the advantage of a lower rate. This convenience outlet has separate fuses which are accessible by lifting off the surface unit just above it. Ten-ampere fuses should be used in the convenience outlet.

Automatic and Superautomatic Ranges. These instructions and recipes apply generally to all types of Hotpoint ranges. Automatic ranges, having time and temperature control considerably simplify any baking operation. For special instructions applying to these ranges, we refer you to the special supplement to this cook book and the cooking chart.

Do You Measure Accurately?

Careful measuring with standard measuring spoons and measuring cups means accurate measuring.

Sift flour once then fill measuring cup with tablespoon and level with a knife. A tablespoon means a standard measuring tablespoon level. Fill standard spoon and level with knife or spatula.

Three measuring cups are most acceptable for your work table. One for liquids, one for fats, and one for the dry ingredients. In the measuring spoons, we have the tablespoon, the teaspoon, the ½ teaspoon, the ¼ teaspoon. Sixteen level tablespoons to a cup. It is often easier to measure the half or fourth cup by the level tablespoons.

In measuring fats, in a cup or spoon, the fat is packed tightly into cup or spoon, then leveled with spatula. This is contrary to the measuring of flour but is the standard for measuring fat.

CHAPTER 1

Soups

General Directions

The juice of fish, poultry and meats, which is the foundation of many soups, is drawn out best in cold water, slowly heated to the boiling point—the cooking then continued at a gentle simmer.

The preparation of soups on the Hotpoint Electric Range heating unit is, in most instances, a control of ""low" heat and used continuously, until the last 30 minutes, at which time the heating unit may be turned "off" and the simmering then continued upon the retained heat. The rear or smaller heating units are usually the most convenient and the correct size for this kind of cooking.

From half to a full hour is needed to produce fish-broth or stock.

Two to four hours to produce beef stock.

Twenty to thirty minutes to extract flavor of vegetables and herbs.

One pound of meat and bone to one pint of water gives a rich broth.

Chicken Soup

Chicken weighing 3 pounds, 3 quarts of water, 1 tablespoon salt, piece of onion and celery, pepper to taste, also seasoning of nutmeg.

Prepare chicken, cut into the 13 regulation pieces—add salt and let stand one or two hours. Turn electric surface unit to "high"—place pan of cold water on burner, plunge the chicken into the cold water and when the boiling point is reached, skim and reduce heat to "low." Let simmer 2 hours, add vegetables, let simmer one hour longer—add seasonings, strain, remove fat.

Remove chicken before it becomes too tender and use for creamed chicken, salads, etc.

Consomme

Place in a pan or kettle a good-sized shank bone of beef, weighing possibly 4 pounds. Have it chopped into 3 or 4 pieces. Cover with 4 pints of cold water and 1 teaspoon salt. Place upon heating unit—turn to "high" to heat the unit, then to "low" for 3 hours. After 2 hours boiling, have ready 2 turnips, 3 carrots, 2 onions sliced, 3 or 4 pieces of celery, cut all into pieces and add—continue the boiling the third hour. Drain through colander and put away to cool until the following day. When cold, remove the fat from the top, add pepper and additional salt to taste, a tablespoon of tomato catsup and a little grated nutmeg. Return to the heating unit in a clean pan, add whites of 3 eggs well beaten. Let boil 5 minutes, set aside for a moment, then strain through a cloth. Heat as needed and serve very hot.

Vegetable Soup

Two-pound soup bone of beef, 2 quarts cold water, 1 tablespoon salt, 2 teaspoons sugar, pepper to taste, 1 cup tomatoes, 2/3 cup cabbage, 1 carrot, 1 turnip, onion and parsley to taste.

Prepare soup bone, add cold water, salt—let stand 30 minutes. Turn electric surface unit "medium" let come gradually to boiling point, then reduce heat to "low," simmer 2 hours, add seasonings, simmer 1 hour. Strain and cool—remove fat. When ready to serve, heat again and add more salt if needed.

Oyster Soup

Add to a 3-quart sauce pan, one quart of milk. Turn surface heating unit "high" until unit is hot, then reduce to "low." When milk is hot, add a pint of milk into which has been blended 2 tablespoons of cornstarch, 2 tablespoons butter, 1 teaspoon salt. Stir slowly while adding. When mixture is thoroughly hot, add 1 pint or more of oysters. Let cook until oysters begin to shrink a little and are thoroughly hot. The heating unit may be turned "off" at the time the oysters are added as the heat in the unit will be sufficient to finish.

Tomato Soup

One quart canned tomatoes, one quart rich milk.

Place sauce pan containing tomatoes on surface heating unit on "high" and when tender, press through sieve or strainer. Turn unit to "low," heat the milk and when steaming hot, add 1/8 teaspoon soda and strain again tomatoes into milk. Stir continually. Season with pepper, salt, butter. Thicken slightly with two tablespoons of flour (make into paste) if desired thick. Continue unit "low" until very hot.

Cream of Tomato Soup

Heat half a can of tomatoes and half a cup of water; add 1/2 teaspoon soda. Place on heating unit on "low." Blend 3 tablespoons flour with enough milk to make smooth paste; add to paste 1 tablespoon butter, salt, pepper to taste and 1 tablespoon catsup. Add 1 quart of fresh sweet milk to tomatoes (pour slowly); add paste and stir constantly until soup thickens. Strain at once. Serve very hot. Turn heating unit to "off" several minutes before soup is finished.

Clam Chowder

Add a cup of cold water to a quart of clams. Pick over carefully and remove pieces of shell, heads, etc. Parboil 4 cups diced potatoes. Cook 1 chopped onion and ½ cupful of salt pork or bacon, cut in cubes, for 15 minutes. Put the potatoes, onions, bacon, clams in sauce pan, cover with 3 cups boiling water and simmer until tender. Melt 3 tablespoons butter in a sauce pan; add and blend 2 tablespoons flour; add gradually 3 cups scalded milk and stir until scalding hot; add the clam mixture, seasonings to taste, and serve very hot.

Turn surface heating unit to "high." Bring about 4 cups of water to boiling point—use about 1 cup for parboiling potatoes; turn heating unit to "low" —remove when nearly done. Prepare onions and bacon on the same unit, then return mixture to unit when combined. It is more economical to use one heating unit. The delay will be very short.

Tomato Soup

Peel and slice one onion, and one potato. Cook until tender in one pint of boiling water, surface heating unit "high" to start—then reduce to "low." Press one can of tomatoes through a sieve and add equal parts water and tomato pulp to the above.

Melt and brown two tablespoons butter, add 2 tablespoons flour—blend and add to soup. Season with salt, pepper, celery salt.

Celery Soup

One-half cup sliced onion, 1 cup chopped celery, 3 cups of water, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, ½ cup cream, few grains pepper. Simmer onion and celery in water until tender—about an hour on heating unit on "low"—then put through sieve; return to kettle; add seasoning; blend together the butter and flour; add liquid to make paste; combine and add cream. Serve very hot, turning heating unit to "off" several minutes before ready to serve.

Cream of Corn

One can corn, one pint boiling water, one pint milk, one small onion sliced, two tablespoons butter, two tablespoons flour, one teaspoon salt, dash of pepper, 2/3 cup cream. Open can corn, add water, let simmer 10 minutes, and rub through sieve. Scald milk with the onion in it—remove onion and add milk to corn. Blend the butter melted, and flour. Heat thoroughly, add salt, pepper, and cream. Turn unit to "high" in starting, then reduce to "low" when thoroughly heated and continue "low."

Cream of Pea Soup

One can peas, 1 pint boiling water, 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon salt, few grains pepper, 1 teaspoon sugar, 1 pint scalded milk.

Drain peas, add boiling water and cook on surface heating unit "low" until tender and soft. Press through vegetable sieve. Make a white sauce of the butter, flour, milk and seasonings. Combine and reheat. Serve hot.

Cream of Mushroom

One-half pound mushrooms, 1 quart broth, (chicken, veal or milk), 1 slice onion, 2 tablespoons butter, 2 tablespoons flour, ¾ cup cream, salt and pepper to taste.

Cut mushrooms and add to broth or milk with onion, cook 15 minutes, unit "high" in starting, then "low" and continue "low." Remove and strain if necessary. Melt butter in pan, add flour, blend to a smooth paste, add mushrooms and gradually the liquid and seasonings, at last the cream. Serve very hot.

Cream of Barley Soup

Wash thoroughly one tablespoon pearl barley, throw it into two cups of boiling water and boil rapidly for ten minutes, using surface heating unit "high." Drain and put into the double boiler with two cups of milk. When double boiling process is started reduce unit to "low."

While this is cooking cut one small onion into slices and cook until tender in two teaspoons butter, add 2/3 cup celery cut in small pieces and a bit of bay leaf. Use unit "low." When barley is entirely transparent add the onion and celery mixture, one tablespoon butter, add salt and pepper to taste. Press through a vegetable sieve and reheat. Beat well with a dover egg beater. Serve very hot. Top with whip cream. Turn unit to "off" as soon as possible.

Lima Bean Soup (To serve six)

Cover one cup of dried lima beans with cold water and let stand over night; drain, rinse in water, adding 1 quart boiling water, and place on heating unit. Bring to boiling point on "high" then reduce to "low." Let boil until beans are tender. When beans are partly cooked, slice a small onion and let it cook in 3 or 4 tablespoons of fat until soft and yellow, using the same heating unit—then add to the beans. Press the cooked beans through a sieve. There will be about a pint of puree. Using the same heating unit on "low" melt about ¼ cup of butter, add ¼ cup flour, one teaspoon salt, ¼ teaspoon pepper, add to puree, and stir until boiling. Last add 3 to 4 cups of broth or milk, if Cream of Lima Bean Soup is wanted. Reduce the heating unit to "off" ten minutes before the soup is finished.

CHAPTER 2

Fish

General Directions

Fish must be perfectly fresh and should be kept in a cool place until cooked. The flesh should be firm and eyes bright—after scaling and cleaning, cover with a damp cloth. Wrap in paper and put on ice.

Most kinds of fish will be found very easily digested. Fish is called brain food because it is easily digested. Fish like white fish and trout are more easily digested than salmon and mackerel.

The first consideration in buying fish is freshness. In preparation, remove as far as possible inedible portions.

The first consideration in cooking fish is searing. Either by heat in the oven or boiling water in boiling on a surface heating unit, adding salt after searing has taken place.

In serving, select suitable sauce—so as to improve flavor.

Crab or Shrimp Cocktail

Allow 3 tablespoons of chilled crab meat or shrimp meat for each cocktail. Make a sauce of the following:

Combine six tablespoons mayonnaise, two tablespoons catsup, 2 teaspoons Worcestershire Sauce—paprika. Add desired quantity to each cocktail and sprinkle with paprika.

Crab Croquettes

Two cups shredded crab meat, add one teaspoon grated onion, 1 teaspoon Worcestershire Sauce, the juice of half a lemon, few grains pepper.

White Sauce. Two tablespoons butter, 3 tablespoons flour and one cupful milk. To the sauce add crab mixture. Put on a platter, arrange one inch in depth and place in ice box to stiffen. When ready for use, cut in squares, roll in egg and crumbs and fry in one pint to one quart of vegetable oil (depending upon size of pan). To test fat drop bread crumbs in hot fat and if a brown crumb is reached in 40 seconds (pertaining to all cooked food) fat has reached desired temperature. "High" in heating fat, then reduce unit to "medium."

Planked White Fish

Wash and dry with a cloth, a 3-pound whitefish and split in half. Let stand 2 hours in the juice of 1 lemon and 2 tablespoons of cooking oil.

Pre-heat oven to 450°—both oven heating units on "high." Oil the oak or hickory fish plank and heat. Place fish, skin side down, leaving margin of 1 inches around the fish. Place plank under the upper heating unit. Leave upper unit "high," lower unit "off." Continue about 15 minutes, then salt and turn upper unit to "medium" for 10 minutes. Do not turn fish, as heat penetrates through to the board. Garnish with mashed potato border forced through potato bag and add parsley and lemon. Planking is one of the very best ways of preparing fish and is excellent when broiled electrically.

Baked Fish with Dressing

A white fish such as pickerel, bass or whitefish is best suited for baking.

Wash, trim and dry with a cloth; sprinkle inside only with salt and pepper; stuff with dressing and tie or sew together. Cover with fine bread crumbs; dust over with flour. Slash the sides of the fish to keep from bursting.

Pre-heat electric oven to 500° before placing fish in oven. Do not add water to the fish. Dot over top of fish with butter and cover with two strips of bacon. Let both upper and lower heating units remain "high" 10 minutes, then upper heating unit "off." Remove from oven long enough to add salt, pepper and chopped onion. Return quickly to oven, closing the door as quickly as possible. Continue lower heating unit "high" 20 minutes longer, then "off" in stored heat 30 minutes. A 3-pound fish should be well baked in this time. Try inserting a fork through thickest part, and if flaky and easily separated, consider the fish done. Garnish with lemon and parsley.

Dressing for Baked Fish

About 6 slices of old bread or ½ loaf of baker's bread, 1 egg, 2 tablespoons butter, 1 medium sized onion, one teaspoon chopped parsley, ½ teaspoon of salt, dash of pepper, boiling water as needed, depending upon the dryness of the bread. Cook the onions in the butter; add water necessary to soften bread; follow with the other ingredients. Stuff the fish and bake as directed.

Fish Turbins

Follow natural lines of division as nearly as possible, in a fish steak. Cut and pin turbins, dip in seasoned butter, slightly beaten egg and cracker crumbs.

Fry in deep fat. Surface heating unit "medium." Test fat. Sixty seconds to brown crumbs.

Broiled Fish

When broiling or planking fish, use upper heating unit, which is direct heat. In broiling it is very hard to turn a fish and it must be broiled upon a platter, fine mesh rack, pan or plank. The preparation and operation of the upper heating unit will be the same as planking, but served less elaborately.

Clean and bone fish or cut into half. Arrange on platter or rack of fine mesh. Pre-heat electric oven to 400°—turn lower unit "off." Use upper unit "high" until about half done then "medium." Place fish conveniently near and cook until tender and brown. Season with salt and paprika. Serve with maitre d'hotel butter.

Salmon Loaf

One can salmon, 1 tablespoon butter, 2 eggs lightly beaten, 1/3 cup bread or cracker crumbs, 4 tablespoons milk or cream, 1 tablespoon finely chopped parsley, salt and pepper to taste, and 1 teaspoon lemon juice.

Remove bone and skin from fish; mince and add butter, eggs, cream, bread crumbs, parsley, and seasonings. Mix thoroughly and press mixture into a well oiled pan or mould.

Pre-heat electric oven to 400°. Turn upper heating unit "off." Place loaf in oven. Continue lower heating unit "high" for 20 minutes, then "off" 20 minutes in stored heat.

Fried Fish

Prepare fish in suitably sized pieces. Rub with salt and pepper; dredge with flour. Turn medium sized surface heating unit to "high." Melt 1 pound of vegetable fat in sauce pan or skillet, and when well heated, but not smoking, turn heating unit to "medium." Drop pieces of fish in the hot fat and when golden brown, remove from fat. The heating unit may be turned to "off" several minutes before fish is done. Fat used may be clarified and used again.

Scalloped Oysters

Look over 1 quart of oysters. Melt ½ cup butter. Prepare 2 cups of bread crumbs, 2 cups of cracker crumbs, ½ cup oyster liquor, ½ cup cream, salt, pepper and few drops of lemon juice.

Pour the melted butter slowly over the bread and cracker crumbs. Arrange the crumbs and oysters in alternating layers in casserole. All seasonings with each layer and last, the liquor and cream.

Pre-heat oven to 400°. Turn upper heating unit "off." Lower heating unit "high." Cover casserole until contents are thoroughly heated; then remove cover and allow to brown. Use "high" 20 minutes, stored heat about 20 minutes.

Creamed Oysters

Wash and look over pint of oysters. Put the oyster liquor in sauce pan, bring to scalding point and strain. Use medium sized heating unit, start on "high" and reduce to "low" when unit becomes thoroughly heated. On same unit, melt 4 tablespoons of butter, add and blend 4 tablespoons of flour, add slowly 1 cup oyster liquor, 1 cup milk or cream. Stir until smooth and thick. Add salt, pepper and paprika, and oysters. When thoroughly heated pour over toasted bread strips or patty cases. The heating unit may be turned "off" several minutes before oysters are ready.

Codfish Balls

On surface heating unit "high" add sauce pan containing 1 quart potatoes, pared and cut into pieces, 1 cup codfish, washed, soaked and shredded. Boil together in one pint of boiling water until both are tender and soft. Drain, mash together, add pepper to taste and one tablespoon butter, one egg. Combine—shape in balls. Fry in deep fat. (See Crab Croquettes for frying.)

Tartar Sauce

Mix ½ teaspoon mustard and 2 teaspoons sugar, ½ teaspoon salt, dash of cayenne, add yolks of 2 eggs and stir until ingredients are blended. Place in bowl of ice water and when cold, add drop by drop ½ cup of olive oil, stir with a wire whisk. As the mixture thickens add a few drops of vinegar using in all 1½ tablespoons of vinegar. Put away in a cool place and add later ½ tablespoon, each, finely chopped capers, olives, pickles and parsley.

Hollandaise Sauce

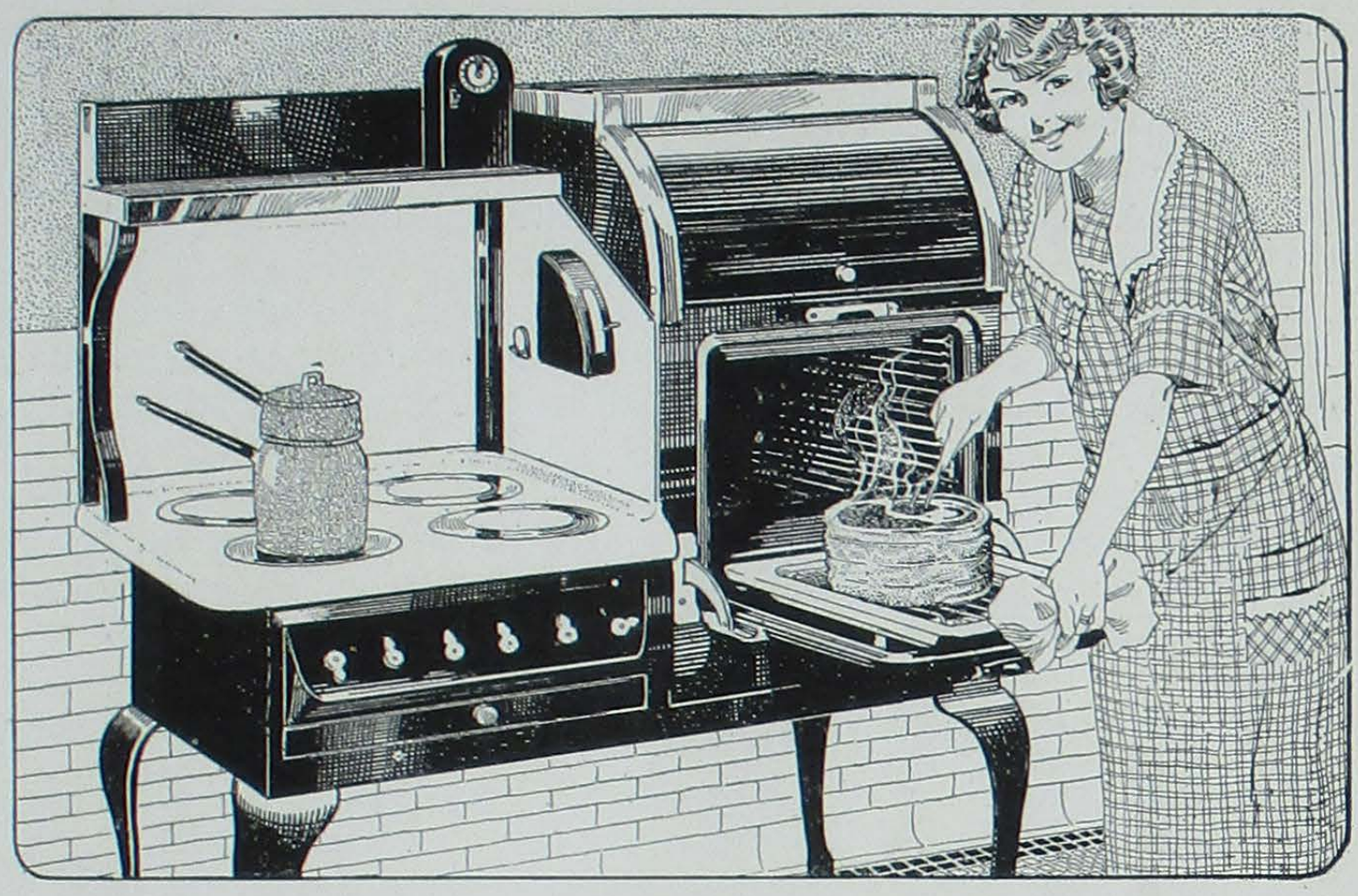
Melt 4 tablespoons butter, add 4 tablespoons flour, ½ teaspoon salt, and 2 cups of water or chicken broth—add two egg yolks well beaten, then add two teaspoons of lemon juice very slowly, and last one tablespoon of melted butter, adding slowly.

Tomato Sauce

Brown one slice or chopped onion in one tablespoon of butter, add four tablespoons of tomato catsup and one tablespoon of butter and one tablespoon of minced parsley. Stir well, pour over fish.

Maitre d'Hotel Butter

Cream ¼ cup of butter, add and beat ½ teaspoon salt, dash of pepper, and add slowly a teaspoon of lemon juice—last a tablespoon of finely chopped parsley. The heat of the fish, steak, etc., will melt the butter.



CHAPTER 3

Meats

General Directions

When roasting or broiling beef or fowls in the Electric Oven, a high heat of 400° to 500° should be used at first, to sear over the cut surfaces and keep the juices within, then in the case of roasting, the heat should be reduced. Pork, veal and lamb should be cooked in a moderate temperature of 400°, later reduced to 300° and served thoroughly done, beef and lamb may be served rare.

The fibres of meat contain nearly all the protein or albumen and the aim in cooking meat is to retain all possible soluble albumen and the extractives which contain the flavoring matter. The means of accomplishing this on the Hotpoint Electric Range is by initial heat in the oven—400° to 500° and by the direct heat of the upper or broiling unit and by boiling water on a surface unit, in the case of boiling a cut of meat. Also seasoning after cooking process has been well started. The intense heat to harden the albumen in the first roasting or boiling process is very necessary but often we have a tough piece of meat to consider and in this case after the first fifteen minutes of roasting, reduce the heat to 250° to 300° in oven work, in case of boiling on surface unit reduce to "low."

In selecting cuts for roasting—roasts of beef—the top sirloin, second cut of rump and first four ribs are the most used cuts. Chuck roast for pot roast is a good purchase.

In roasting meats in a Hotpoint Electric Range—the vent to the oven is, in most cases, one half open, in broiling the vent is open, entirely open—this vent is a very splendid provision as a normal air condition may be maintained.

Fat-firing in the Hotpoint Electric Range has been eliminated. By turning the upper or broiling unit off before opening the door temporarily gives us a dead unit and spattering fat will not catch fire when the door is open. This is certainly one of the greatest comforts possible to the woman who broils, and as so many meats are broiled it is greatly appreciated.

The time needed in broiling a porterhouse steak, one inch thick, medium done, is ten minutes. A four-inch, beef roast, medium done, requires one hour. A four-inch pork roast, 1 hour and 30 minutes to 2 hours. The open roasting pan is generally used.

A great advantage in roasting and broiling in the Electric Oven is the very great saving in shrinkage of meats and thus the preserving of flavor and nourishment; also the saving in time, in that meats do not need to be basted in roasting in the Electric Oven with its stored heat principle.

Rib Roast of Beef

Select the first two ribs of the fore quarter, bone, roll it and tie with string or use skewers. This roast will weigh about four to five pounds.

Prepare by wiping with a piece of cheese-cloth wrung from cold water. Place on drip pan. Pre-heat the Electric Oven to 500° turning both heating units to "high." Place roast in lower part of oven. Use "high" top unit five minutes, then turn to "off." Use "high" lower unit twenty minutes, then turn to "off." Let roast remain in stored heat thirty minutes to one hour according to how well done you desire the roast. Just before the heat is reduced to "off" remove roast from oven, add salt, pepper, celery-salt, etc., and return quickly to the oven.

Pot Roast with Vegetables

Prepare a three-pound chuck roast, skewer into shape, and roll in flour. Also prepare one cup of diced carrots, one cup sliced onions, one cup celery, (cut fine), one cup diced turnips, three tablespoons fat. Turn surface heating to "high." Parboil vegetables five minutes in small quantity of boiling water. Remove from unit. Place the kettle on unit, adding the fat, and when hot, sear roast, turning from side to side. When thoroughly seared and brown, add salt, vegetables, and water to the depth of one inch in base of the kettle. Cover tightly and turn heating unit to "low." Turn roast once while simmering. About two hours will be the time necessary for this pot roast.

Broiled Porterhouse Steak

Wipe a one-inch porterhouse steak with piece of cheesecloth wrung from cold water. Skewer together, if necessary. Pre-heat upper oven unit on "High" for ten minutes. Place broiling pan and rack about one inch below the upper coil, and when quite hot, remove and place the steak upon the rack, placing as close to upper heating unit as can be conveniently handled. Sear first surface of steak and turn; continue on "high," turning about every one to two minutes. Let brown well. Remove the platter, season with salt, pepper, and butter. Open vent entirely for broiling and always "high" heat for beefsteak. Time for broiling this steak will average ten minutes.

Roast Beef Gravy

In a small sauce pan measure about four tablespoons of the browned fat and stock from the roasting pan. Blend into this three tablespoons of flour and add gradually two cups of water or milk—season with salt and pepper to taste.

Surface heating unit "high" until mixture is heated then "low," let simmer gently for five minutes.

Beef Tongue

Wash and trim a fresh tongue and cover with boiling water and add salt to taste. Turn surface heating unit "high" for twenty minutes, then "low" for about three hours, or until tender. Remove, skin and set aside to cook if wanted for cold sliced meat. If wanted for a dinner roast, arrange a bed of vegetables, carrots, onions, turnips, etc., cut fine, season, place tongue upon bed of vegetables, add stock enough to moisten all—place in electric oven at 350°. Turn upper unit "off," lower unit "high" for twenty minutes, then "off" thirty to forty minutes.

Meat Loaf

One pound round steak of beef, ½ pound cured ham, one cupful bread crumbs, one teaspoon salt, ⅛ teaspoon pepper, few grains of cayenne, one tablespoon vinegar, one tablespoon tomato catsup, two eggs, ¼ cup milk, dot with two tablespoons butter. Grind steak and ham, add bread crumbs, salt, pepper, cayenne, vinegar, catsup. Beat eggs slightly, add to mixture, blend seasonings thoroughly and moisten at last with the milk. Form into mold or loaf, dust with flour or bread crumbs and dot with butter.

Pre-heat electric oven to 400°—upper unit "off," lower unit "high" for twenty-five minutes, then "off" forty minutes into stored heat.

If a browned loaf is wanted, the uncovered pan would be best, and if you do not want a brown loaf, roast in covered casserole, removing cover last few minutes to dry slightly.

Fillet of Beef—Broiled with Bacon

Garnished with White or Red Grapes

It is always best to leave your order for fillet two or three days ahead of time, as it is not always possible to find them in the market. Have fillet cut one inch to 1½ inches thick, wipe with cloth wrung from cold water, bind edge with bacon strips and pin securely with tooth picks.

Pre-heat top oven unit for 15 minutes. Place broiling pan and rack in oven and when heated arrange the fillet on rack, place pan so as to have space of about one inch between fillet and glowing coil which is "high" throughout broiling. Turn twice. The time required will be from ten to twelve minutes if wanted rare and longer if wanted well done.

Remove and garnish with white grapes, pin with half tooth picks to fillet to look like a wheel.

Suggestions: Turn upper unit "off" before opening the door to turn fillet, then after closing door, turn upper unit to "high" again. This eliminates fat-firing and broiling is a pleasure when fat-firing is eliminated.

Swiss Steak En Casserole

Two pounds round steak, cut 1½ inches thick, ¼ cup flour, salt and pepper to taste, 3 tablespoons of bacon fat, 1 small onion sliced very thin, 1 tablespoon green pepper chopped fine, 1 cup of boiling water.

Pound the flour into the steak. Preheat the electric oven to 350° both units on "high." When temperature has reached about 300° put casserole in oven to heat, and underneath the broiling or upper unit, place a pie pan containing the bacon fat. When hot add the round steak; turn and brown as in broiling; then place in heated casserole, add seasonings, water, etc. Turn upper oven unit to "off" and cover casserole tightly. Lower unit to "medium" for one hour and "off" one hour.

Veal Loaf

Grind in food chopper three times, 1½ pounds of veal steak and ¼ pound of bacon or salt pork. Add 1 egg, well beaten, ½ bell pepper (cut fine), ¼ cup milk, 1 teaspoon each of salt and celery-salt, ½ teaspoon paprika and four crackers rolled fine. Combine thoroughly and put into meat roll. Place in baking dish or bread pan, with slice of bacon on top.

Pre-heat oven to 400°. Continue both upper and lower units "high" for ten minutes, then upper unit "off." Continue lower unit 20 minutes, then 'off" one hour. Always finish baking in stored heat.

A loaf of this kind generally means an oven dinner, a splendid opportunity to utilize oven heat for other foods, vegetables, etc.

Veal Fricassee

Trim and cut into pieces two pounds of veal cut from the loin. Place in sauce pan, add boiling water to cover the veal, place on surface heating unit on "high" for about three minutes, then "low."

An hour later add salt, pepper, one onion and two carrots, two celery stalks, all cut fine and continue cooking one hour. Thicken stock to desired consistency with flour—two tablespoons will possibly be sufficient. Keep pan covered throughout cooking process.

Roasted Ham

(7 to 8 Lbs)

Place ham in kettle or large pan of cold water—bring to boiling point upon surface heating unit on "high," then turn unit "off." Let stand in scalding water 30 minutes. Add a tablespoon of cloves to the cold water to aid in seasoning. Remove to roasting pan provided in your electric oven.

Pre-heat oven to 350°. Turn upper heating unit "off" and lower unit to "medium." Continue 1 hour, then ""low" 2 hours. Remove ham from oven. Remove the outside skin; trim, stick the fat surface with whole cloves and sprinkle with brown sugar. Return to oven for a few minutes, using the upper unit on 'low" to brown as desired. Ham roasted in the Electric Oven is at its very best in juiciness and flavor and has least possible shrinkage.

Veal Pot Pie

Veal Fricassee with dumplings gives us a Pot Pie. In cooking the dumplings, turn the unit to "high," bring liquid to vigorous boiling. Remove most of the pieces of meat. Arrange on platter, cover pan tightly and fill pan with steam, drop in by teaspoonfuls the following batter:

One cup of flour, 2 teaspoons baking powder, ¼ teaspoon salt, ½ cup milk. Sift dry ingredients, stir in milk to a smooth batter.

Veal Cutlets

The round steak of veal is called the cutlet, and should be about ½ to ¾ inches in thickness.

Wipe cutlet with cloth wrung from cold water, remove bone, skin, tough membranes, follow lines of natural divisions, form into well shaped pieces, skewer together with toothpicks when necessary.

Cover the bone, tough pieces of meat and the tissue, etc., with 1 pint of cold water, heat slowly, using surface heating unit on "high" then "low." This stock is to be used for the sauce.

Season the veal with salt and pepper, dust with flour or fine crumbs, dip in beaten egg, then in crumbs again.

Browning Cutlets. Add 3 tablespoons fat to frying pan, saute cutlets, remove them to casserole, and make sauce in the same pan.

Sauce. Two tablespoons drippings, ¼ cup flour, one pint of stock or water and stock, ½ teaspoon salt, 1 teaspoon Worcestershire Sauce, 2 tablespoons chopped parsley, ⅛ teaspoon pepper.

Prepare same as for "White Sauce"; pour over cutlets and cook one hour on surface heating unit "low" or maintain 300° in Electric Oven one hour.

Ham Souffle

Melt 2 tablespoons butter on surface heating unit "low" and in it cook one slice of onion without browning Add two tablespoons flour, ½ teaspoon paprika, and stir until well blended; add two cups milk, stir until thick, and scalding hot. Add to this two cups of chopped ham, 2/3 cup of bread crumbs. Add the yolks of two eggs, and fold in the whites beaten dry and stiff. Turn into a casserole or baking dish. Pre-heat oven to 350°. Turn upper heating unit "off." Continue lower unit "high" for fifteen minutes, or until souffle is firm in center. Remove from oven. Serve at once with tomato sauce.

Broiled Ham with Pineapple Rings

Select ham steak and have cut to a thickness of ½ to one inch—trim, wipe with a damp cloth. Pre-heat electric oven to 400°. Turn lower unit "off"—use upper unit "high." Place ham steak on broiling rack—slide into oven so as to have about one inch space between glowing coil and steak. Turn frequently and when steak is about half done, place slices of pineapple (four to six) on rack, let brown, turn, and at last place on top of ham steak. When all are brown sufficiently remove to hot platter. Time of broiling ham steak fifteen to eighteen minutes—about five to eight minutes for slices of pineapple.

Leg of Lamb

~~Trim leg of lamb~~ and wipe with a damp cloth. ~~Lace through the lamb pieces of onion and carrot with a larding needle.~~ Dust with flour, salt and pepper and cover with two tablespoons of oil or fat.

Pre-heat oven to 500°. Turn upper heating unit "off"; use lower unit "high" fifteen minutes, then "medium" for two hours, then "off" for forty minutes.

Mint Jelly

Chop very fine enough mint leaves to make ½ cup, add ¾ cup boiling water, six tablespoons sugar, cover and let stand ½ hour. Soak one tablespoon gelatine in ½ cup cold water for ½ hour, then dissolve in ½ cup of boiling water.

To the mint mixture add the juice of one lemon, one tablespoon vinegar, one teaspoon salt, ⅛ teaspoon pepper and the gelatine, two or three drops of green coloring. Strain, chill and mold.

Broiled Bacon

Pre-heat upper oven unit for five minutes. Place broiling pan and rack near to upper unit. Arrange strips of bacon—turn once—when done to the state you like, remove. Broiling bacon takes about three or four minutes' time, so requires close attention.

Broiled Pork Chops and Apple Rings

Pre-heat oven to 400°. Place broiling pan and rack about one inch below upper oven unit. Turn lower unit "off"—upper unit "high." When rack is heated, arrange chops on rack and broil first side; then turn, and on the unbroiled surface place an apple ring about 1/16 inch thick. Continue to broil until brown. The intense and effective electric heat penetrates the apple flavor through the chop and is most delicious.

Suggestion. Use the electric broiling unit for broiled bananas.

Roast Pork with Raisins

Select loin of small pig, about five pounds. Wipe the pork with damp cloth; cut three slashes in the loin and stuff with raisins; season with salt and pepper; place in dripping pan provided in your electric oven and dredge with flour. Pre-heat oven to 450°. Turn upper unit "off" and use lower unit "high" for 30 minutes, then "low" for two hours, then "off" for 30 minutes. Serve with candied sweet potatoes and apple sauce.

Pepper Sauce

Melt two tablespoons butter, and add two tablespoons of flour, blend and add one cup of milk, one-half teaspoon salt, a dash of paprika, and one-half bell pepper, chopped fine and saute before adding to white sauce. When sauce is thick remove and serve hot with broiled steak or chops. The surface heating unit "low" carries on this work, starting on "high."

Broiled Pork Tenderloins with Apple Sauce

Slice the tenderloins crosswise, flatten, wipe with cloth wrung from cold water.

Pre-heat electric oven to 400°. Turn lower unit "off," upper unit "high." Place broiling pan and rack in oven and when heated arrange the tenderloins on rack. Place in oven allowing about one inch between the glowing coil and the tenderloins. Turn frequently, possibly every two minutes, and time of broiling will be fifteen to eighteen minutes or until as brown as desired. If tenderloins are unusually thick reduce unit to "medium"' for latter part of broiling that they may be well done.

Apple Sauce

Peel and quarter six apples. Place in sauce pan, add ½ cup boiling water. Place on surface heating unit "high" and when apples are steaming hot, reduce unit to "low." Cover pan tightly. When apples are tender, add ½ cup sugar, remove, press through sieve, season with cinnamon and nutmeg.

Suggestion. Work of this kind may be taken care of in oven, if oven dinner is in progress and is, of course, a saving to utilize all oven space.

Chili Con Carne

Cut into small cubes two pounds of round steak, roll in flour. Turn surface heating unit to "high," place sauce pan, with 1/3 cup of fat in it, upon unit, and when hot add the cubes of steak and saute, add 1 large onion diced, ½ can of tomatoes, 2 pimentos diced, salt, pepper, and a bit of garlic. Turn heating unit to "low" and cook until tender. Prepare or have ready 2 cups of rice (when cooked). Make border of rice and serve Chili Con Carne inside the border.

See page 13 Better Homes

Creamed Sweetbreads

Immerse sweetbreads in one quart of water to which has been added one teaspoon of salt and one teaspoon of lemon juice. The tissue will harden, this must be loosened and removed, then separate into sections, follow the natural divisions.

Turn surface heating unit to "high." Add boiling water, enough to cover sweetbreads and place on unit, reduce heat to "low" after about three minutes. Let sweetbreads simmer, not boil. Pierce with fork to determine if they are done.

Will require about twenty to twenty-five minutes' cooking. Remove and peel remaining tissue, break or cut into smaller pieces, cover with white sauce or egg sauce. See entries for recipe. pg 42

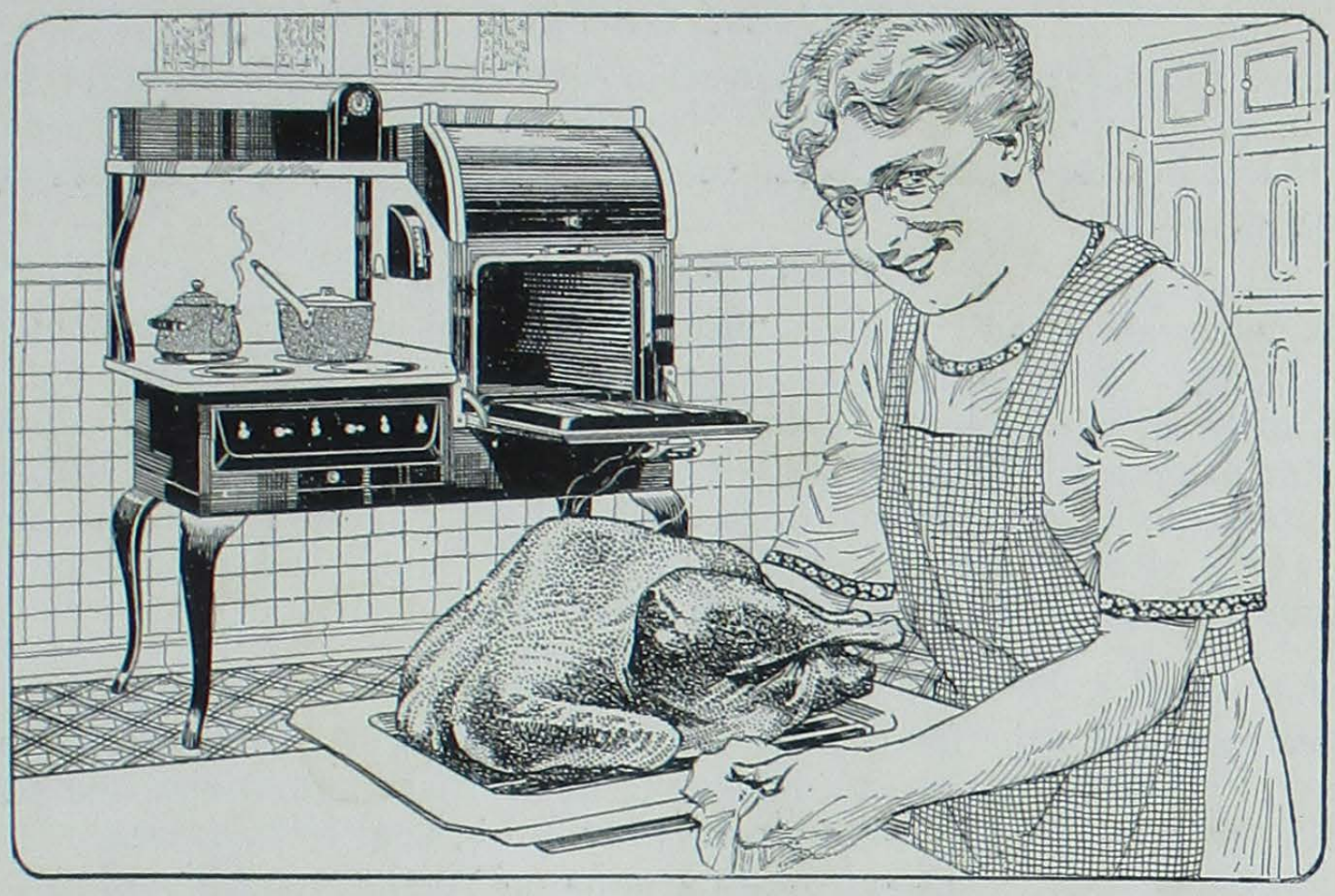
Fresh Mushrooms

Scrape the items, cut off part of the end pieces, peel the caps, wash in salted water to clean the gills. Let stand a few minutes in fresh cold water.

Broil, saute, steam for entrees, etc.

Mushroom Sauce for Broiled Steak

One can small button mushrooms, two tablespoons butter, one bell pepper, chopped fine, four tablespoons flour, one egg yolk, two cups rich milk, one tablespoon grated onion, one tablespoon lemon juice, salt and pepper to taste. Melt butter in sauce pan, heating unit "medium," add chopped peppers, brown richly, add flour, blend and add milk. Cook until thick and smooth, add lemon juice, onion juice, and egg yolk. Heat mushrooms in their own liquor and add to the sauce.



CHAPTER 4

Poultry

General Directions

Chicken is less than one year old and fowl is more than one year old—and the flesh from chicken or fowl is more easily digested than meats. The fat does not lie in the flesh but underneath the skin or in balls of fat within. Flavor is less mild than in meats and depends so much upon dressing—for flavor. So whether we are fond of dressing or not, it should always be used to add to the flavor of the bird. Then in serving, the flavor seems best with a very great contrast of food, hence we serve cranberry sauce to add flavor.

We determine the age of chicken by the soft feet and breastbone—if these are hard we have fowl. Use at once or in 24 hours after killing. One-fourth of the weight is in internal organs. In disjointing chicken we have 13 pieces.

Broiling Chicken

To prepare chicken for broiling cut down backbone and sever into halves. A chicken weighing 1½ pounds is the best size. Rub with salt and cooking oil or fat. In placing on broiling rack, place skin side down so the cut surfaces are exposed at once to the direct heat of the upper unit.

Pre-heat upper oven unit for ten minutes on "High." Place broiling pan in oven about two inches from upper unit and when heated, arrange chicken. When seared twice on both sides, (turning about every 3 minutes), turn upper unit to "medium" until the brown is as desired. About 20 minutes is the average time for broiling a chicken.

Roast Chicken

Singe, rub reverse way to remove pin feathers, remove crop, sever and remove neck, draw internal organs. Remove tendons, as they will harden the flesh, if left in drum sticks. Wash and clean thoroughly. Prepare skewer for pinning dressing.

Dressing for Chicken

Six cups stale bread crumbs or pieces, moisten in water. Lift in and out of water rapidly, keep light and avoid against pressing together. Add one tablespoon finely chopped onion, ½ cup celery cut fine, one egg, three tablespoons butter or drippings. Season with salt, pepper—add for variety—giblets, apples, chestnuts, oysters, peppers, etc. Stuff chicken lightly and pin with steel skewers.

Pre-heat electric oven to 400°—lower unit "high" and upper unit "off." Continue 20 minutes and turn unit to "low" for 1 hour.

Roasting Turkey

Clean and truss the fowl, rub inside with salt, pepper, and let stand several hours. Stuff with dressing, tie down the drum sticks and wings, and place in the drip pan (remove the broiling rack) provided in your electric oven.

Pre-heat electric oven, both heating units on "high," to 500°. Turn upper unit to "off" and let lower unit remain "high." Place turkey in the oven, letting the turkey pan rest on the second slide from the floor of the oven, and use the pan uncovered and without water. If turkey is not fat, about 2 strips of salt pork can be used, placing upon the turkey. Continue this heat about 1 hour.

Turn lower unit "medium" so as to keep up about 300° for possibly 3 hours longer, making a time of 4 hours for a turkey weighing 18 to 20 pounds. If turkey is large you will not be able to have anything else in the oven. Do not open the oven unnecessarily, and no basting will be necessary as the electric oven has no circulation of air.

Dressing for Turkey

Ten to fifteen cups of stale bread, 1 cup of cooked rice (or mashed potato), 1/3 cup melted butter or turkey fat, salt, pepper to taste, 2 teaspoons of powdered sage, 2 small onions chopped fine, 2/3 cup celery chopped fine, 2 eggs beaten light. If the mixture is not soft enough add boiling water to the needed consistency, depending upon the dryness of the bread. Combine thoroughly and fill the turkey.

Potato Stuffing for Turkey

Combine 2 cups hot mashed potatoes, six cups stale bread crumbs (toasted), 2 teaspoons salt, 1 teaspoon thyme, 3 tablespoons chopped onion, 1/3 cup melted butter—water to moisten, blend and keep light and fluff. Stuff turkey or chicken. Double this recipe for large turkey.

Cranberry Jelly

Wash 4 cups cranberries and add 1 cup water. Cook on surface unit "high" until tender, about 15 minutes. Remove and press through colander—add 2 cups sugar and boil about 5 minutes or until jelly. Fill moulds and set aside to cool.

Chicken Pie No. 1

Prepare a 3-pound chicken, cut into joints, place into pan or kettle. Turn surface unit to "high." Place pan of chicken upon unit and cover with boiling water and 1 teaspoon of salt. Cover pan and let boil 10 minutes; then reduce unit to "low." Simmer until tender. Let chicken become cold.

Use biscuit dough for both upper and lower crusts or just for an upper crust of the pie. Arrange chicken in pan or casserole; make gravy of the chicken broth and pour over. Cover with the biscuit dough about ½ inch thick. Slash the top of the dough and pinch tightly to the edge of the casserole.

Pre-heat oven to 450°. Turn upper unit "off" and let lower unit remain "high" for 20 minutes, then "off" 10 minutes. Will require about 30 minutes for the crust to be well baked.

Chicken Pie No. 2

Cook chicken as for chicken pie No. 1. Let cool and remove bones.

For chicken gravy, melt 3 tablespoons butter, blend 3 tablespoons flour and gradually add 2½ cups of stock, salt and pepper to taste. Use unit "high" —remove when sauce begins to thicken. Arrange chicken in casserole and pour over the gravy—and spread on top the following batter.

One cup flour, 2 teaspoons baking powder, ½ teaspoon salt, 1 tablespoon butter, 1 egg, ⅓ cup milk. Combine as for biscuits, drop the batter over the chicken—do not roll out as for biscuits. Pre-heat electric oven to 400°—upper unit "off," lower unit "high" 15 minutes and "off" 10 minutes.

Fricassee of Chicken

Clean and disjoint a chicken ready for cooking. Turn surface heating unit to "high." Put 4 tablespoons of butter in a frying pan upon the unit. When hot, put in the pieces of chicken and turn unit to "medium." Turn the pieces of chicken until brown; add 2 tablespoons of flour, dusted lightly over all; add 2 cups of boiling water and stir until smooth and boiling; add 1 small onion chopped fine, 1 teaspoon salt, pepper, and celery-salt to taste. Cover, turn unit to "low" heat, and let simmer until tender. Arrange upon platter on pieces of toast or halves of hot biscuits. Turn heating unit "off" before chicken is done.

Stewed Chicken with Dumplings

Prepare and cook chicken as for chicken pie. When chicken is tender, remove from broth and drop the dumplings into the broth. The remaining broth should be thickened as for chicken gravy.

Drop Dumplings

Drop the whites of three eggs into a cup and fill cup with milk. Into a sauce pan add 3 tablespoons butter. Melt and add milk and egg mixture, add 1 cup of flour and beat to a smooth paste. Use surface heating unit "high." Remove from unit, add the three egg yolks, ½ teaspoon salt, pepper to taste and few grains nutmeg. Drop from teaspoon into boiling broth and steam, pan covered and unit "high" 5 minutes. Serve very hot.

Fried Chicken

Prepare chicken, separating at joints and cutting into pieces; dip into cold milk, drain, sprinkle with salt, pepper and dredge with flour.

Turn medium sized surface heating unit to "high" and place pan or skillet containing 1 pound of fat on the unit; when about heated, turn heating unit to "medium." Fat is heated when a bread crumb will become browned in 60 seconds. Cook chicken in the fat until well browned and tender. Turn heating unit "off" several minutes before frying is complete. Serve with cream sauce. (See Eggs and Cereals.) (30 min for 1¼ # fryers)

Chicken en Aspic

Cut into small strips the pieces of chicken, measuring about 2 cups if possible, also 3 hard boiled eggs. To 3 cups of chicken broth, two tablespoons of gelatine will be needed, add one cup of cold broth to the gelatine and the other two cups add 30 minutes later and very hot. When this jelly or aspic is about cold, prepare mold, add some of the aspic, then the chicken, more aspic, and last, the layer of chopped white and yellow of the eggs, last the remainder of the aspic. Let become very cold and firm and serve with lettuce and mayonnaise dressing.

Chicken and Rice Escalloped

Prepare chicken as for chicken pie—bone and cut into pieces not fine but fairly small. Boil 1 cup of rice—see "Boiled Rice."

Arrange layers of rice and chicken in casserole, a seasoning of green pepper, butter, salt and pepper to taste. Over all add ½ cup of broth or milk. Bake in electric oven 30 minutes at 350°. A few bread crumbs on top will add to the appearance.

Chicken a la King

Melt 2 tablespoons butter in a top part of double boiler. Use surface unit "high," add ½ bell pepper cut fine, 2/3 cup fresh mushrooms, peeled and broken in pieces, cook about 2 minutes, add about 1 teaspoon salt, 3 tablespoons flour, and gradually 2 cups rich milk. Stir constantly until sauce thickens. Set over hot water, turn unit to "low." Add 3 cups of cooked chicken—cover boiler and let heat very hot. Drop into hot chicken 2 tablespoons butter, yolks of 3 eggs, ½ teaspoon onion juice, 1 tablespoon lemon juice and ¼ teaspoon paprika. Stir until thick and well blended. Serve on hot toast.

Roast Duck

Dress and clean duck or ducks; rub inside and out with salt and pepper. Stuff with dressing. Place in the drip pan provided in your electric oven. Put several strips of salt pork over the breast of the duck and dredge with flour. See dressings for turkey or chicken.

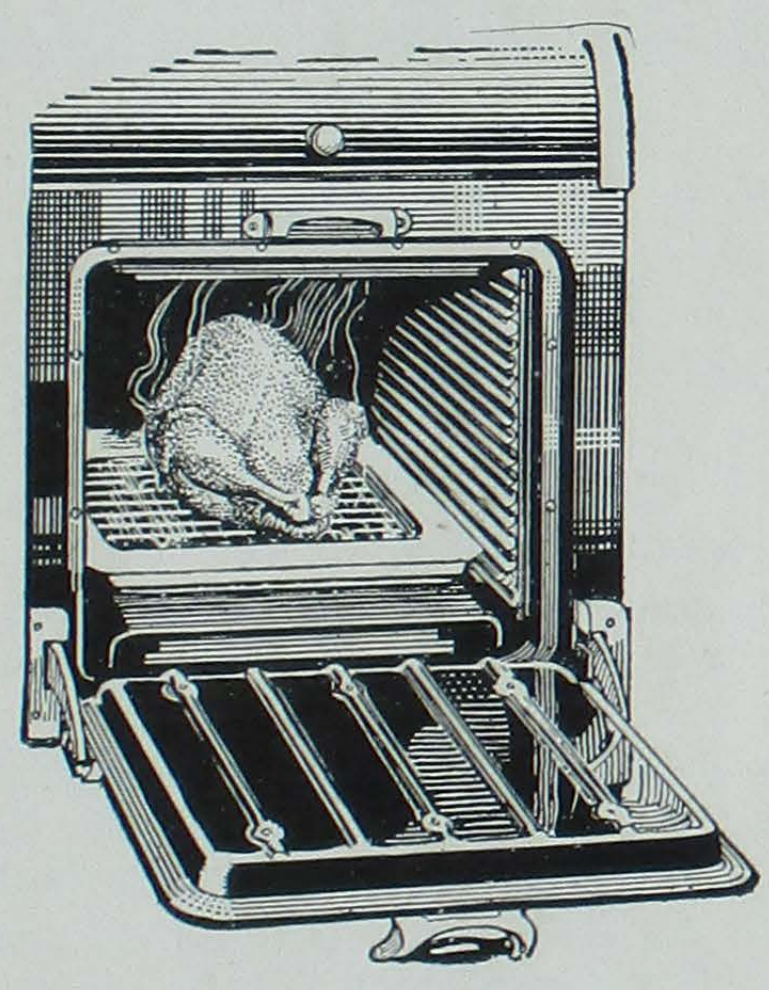
Pre-heat oven to 450°. Turn upper unit "off" and continue lower unit on "high" for 20 minutes, then "low" for 2 hours (if duck weighs 5 or 6 pounds). If ducks are very small, lower unit 30 minutes "high" and "off" 30 minutes will no doubt be sufficient heat; however, always continue heat until birds are thoroughly tender.

Pigeons or Squabs en Casserole

Six pigeons or squabs, 1 carrot, 1 sprig of parsley, bay leaf, 1 onion, 2 stalks of celery and 1 tablespoon catsup or Worcestershire Sauce.

Dress and clean birds, leaving them whole, season with salt and pepper. If stuffing is wanted, see Dressing for Chicken. If pigeons are used pre-boil one hour, heating unit "low," in boiling water to cover.

Pre-heat electric oven to 400°. Turn upper unit "off"—use lower unit "high." Arrange squabs in casserole, add one cup of stock or boiling water, vegetables cut fine, salt and pepper to taste, catsup later. After 30 minutes reduce unit to "low" for one hour. About 30 minutes before ready to serve, dust over with bread crumbs or flour—let this thicken broth. Serve from casserole.



CHAPTER 5

The "C-6" Cooker

General Directions

The new Hotpoint "C-6" cooker represents a great step in advance over the ordinary fireless cooker or broiling compartment.

The substantial aluminum cooking vessel of the "C-6" Unit is of five-quart capacity, ample for the requirements of a large family. It is easily removable for cleaning.

This unit is designed for use in any of the rear surface unit openings of the new Hotpoint Range and may also be applied to the Hotpoint-Hughes and to certain of the ranges previously manufactured by the General Electric Co.

The three heats on this unit are controlled by the regular range switch to which it is connected. The "high" heat quickly brings the food to its cooking temperature; the "medium" automatically maintains the boiling temperature with minimum current consumption, while the "low" heat is a simmering heat which may be used over long periods of time without bringing the food in the cooking utensil up to the boiling point.

The new "C-6" cooker is particularly adapted to such cooking operations as broiling, brazing, pot-roasting, steaming and stewing, the cooking of soups, and to some kinds of roasting and baking.

The following pages show a few of the tested recipes for dishes which can be prepared on this Unit.

Boiled Potatoes

6 medium sized potatoes, peeled.

Place rack in cooking vessel, add ½ cup of water, place potatoes on rack and turn to HIGH for 10 minutes, or until steam shows at vent in lid, then to MED. for 20 minutes with cover in place. Turn current to OFF and remove cover, leaving potatoes in the cooker for 5 minutes to drive off the excess moisture. Season and serve.

Spinach

½ peck spinach.

Clean spinach thoroughly, washing and draining. Remove the rack and place in cooking vessel without additional water. Turn the unit to HIGH for 5 minutes, then to LOW for 15 minutes. Remove, season to taste and serve.

Spinach cooked by this method will be tender and all mineral salts will be retained.

Beets

7 medium sized beets.

1 cup of water.

Place rack in cooler and beets on rack. Add the cup of water. Turn the unit to HIGH for 10 minutes, or until steam shows at vent in lid, and then to LOW for 50 minutes. Young tender beets will cook in somewhat shorter time.

Prunes

1 lb. prunes.

1 in. cinnamon stick or 1 slice orange.

½ cup sugar.

Wash prunes thoroughly and allow to soak over night. Remove rack, place prunes in cooking vessel with water in which they have soaked. Turn unit to MED. for 20 minutes with cover in place. Add sugar and flavoring and continue to cook for 5 minutes on MED.

Apple Sauce

5 apples.

¾ cup sugar.

Cinnamon, cloves or lemon juice to taste.

Pare, core and quarter the apples. Remove rack, place apples and sugar in cooking vessel with ½ cup of water. Cover and cook on MED. until apples are tender (approximately 30 minutes).

Roast Pork

Select a 3-lb loin of pork with most of the bone removed. Turn the unit on HIGH for 20 minutes. Place the meat in the cooking vessel with the rack removed. Turn occasionally for 20 minutes to sear, having the cover slightly tilted to allow the steam to escape freely; then cover and continue on HIGH heat for 20 minutes, then to MED. for 1 hour.

Pork roasted by this method will be well browned, very tender and moist.

All casserole dishes may be cooked in the "C-6" Unit with much less current consumption than in the oven, though with results exactly duplicating those obtained by oven cooking.

Baked Beans

1 lb. navy beans.
¼ cup molasses.
½ teaspoonful mustard.
1 teaspoonful salt.
4 slices salt pork or bacon.
4 cups of water.

Soak the beans in cold water for one hour, then drain. Remove the rack from the cooker. Start the beans with 4 cups of water, the unit turned to HIGH for 10 minutes, and then to LOW for 2 hours, keeping covered. Add the molasses, salt, mustard, and bacon and re-cover. Leave the unit on LOW for 2 hours or until beans are dry and mealy.

Beans may be allowed to remain in the cooker with heat OFF for several hours longer or over night as the continued slow cooking on stored heat will improve their flavor.

Steamed Rice

1 cup washed rice.
1½ teaspoonful salt.
2 cups boiling water.

Place two cups of water in utensil. Omit rack cover and turn switch to HIGH until water boils. Then add salt and one cup rice which has been washed and picked over. The rice should be slowly stirred in to the boiling water. Cover and continue on HIGH for five minutes then to LOW for about 40 minutes. Serve very hot.

Oatmeal

1 cup oatmeal.
½ teaspoonful salt.
2 cups of water.

Remove rack, put 2 cups of water in cooking vessel. Cover and turn to HIGH until boiling point is reached. Add the salt and stir in the oatmeal gradually. Turn unit to LOW for 20 minutes.

The oatmeal may be served at this time but it is suggested that the oatmeal be prepared in this fashion the night before it is to be used and left in the cooker over night. The continued cooking on stored heat will improve the flavor and digestibility of the oatmeal. In the morning, the unit will have to be turned to HIGH for a few minutes to re-heat the oatmeal for serving.

Other cereals may be cooked by this same method allowing the proper amount of water required for each cereal.

1 soup bone with meat on it.

Soup

1-3 cup carrots.
1-3 cup turnips.
½ cup celery leaves and diced celery.
1½ cups potatoes.
1 small onion.
1 teaspoonful salt.
4 cups of cold water.

Remove rack. Place soup bone with meat in cooking vessel with 4 cups of cold water. Turn the unit to HIGH for 10 minutes then to LOW for 3 hours or until juices are extracted. Add the salt and vegetables and continue cooking on LOW for 2 hours longer, skim the fat from the top of the soup and serve. Keep the cooker covered throughout the cooking operation.

Other vegetables may be added as desired.

Baked Potatoes

6 large potatoes.

Pre-heat the vessel for 20 minutes on HIGH. Prick the potatoes and place on rack, cover and bake for 30 minutes on HIGH, then turn to MED. until done, which should require an additional 10 or 20 minutes. Uncover and prick the potatoes again and continue cooking on MED. for 5 minutes to allow escape of excess moisture.

Ham (Boiled Dinner)

4-lb. end of ham.

Vegetables as desired (cabbage, beets, turnips, carrots, potatoes).

Place the ham on the rack in the cooker. Put in 1½ cups of cold water. Turn the unit to HIGH for 30 minutes, then the LOW for 2 hours. Then add the vegetables and cook for 1 hour longer with the switch on LOW.

The cover must be kept in place all through this cooking operation.

Beef Stew

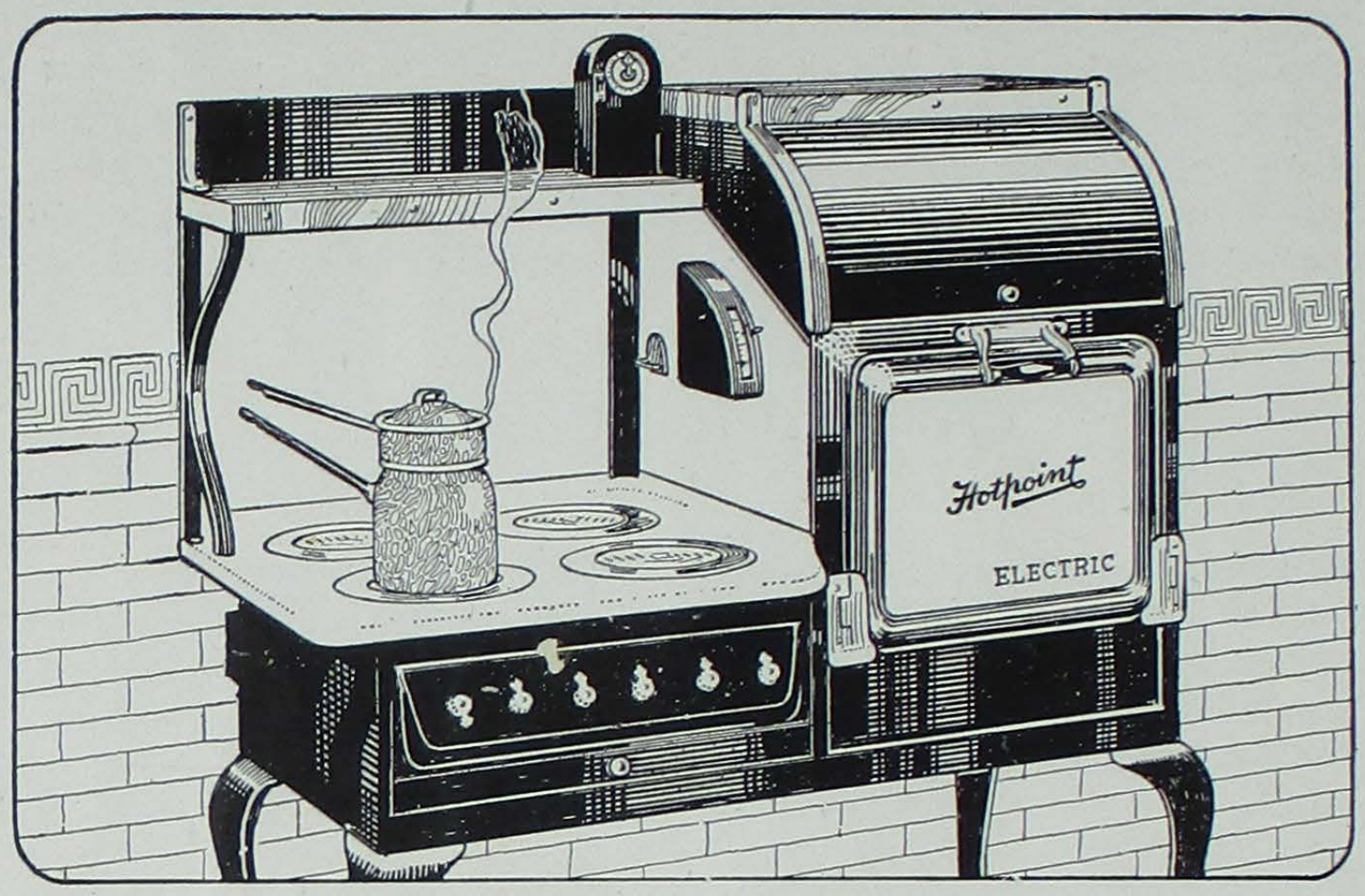
2 pounds of beef (cut in small pieces).
1 cup of water.
3 carrots (cut in lengths).
2 sliced onions.
5 small potatoes.
½ cup celery leaves and chopped celery.
1 teaspoonful salt.
½ teaspoonful pepper.

Remove rack and cover and pre-heat cooking vessel for 20 minutes on HIGH. Add the meat and turn occasionally during 20 minutes (unit still on HIGH) to sear thoroughly. Add 1 cup of water and cover, turning unit to LOW for 1½ hours. Add vegetables and re-cover continuing cooking on LOW for ½ hour longer or until vegetables are tender.

Pot Roast

4-lb. piece of beef (chuck or other cut as desired).
1 cup diced carrots, celery and onion.
Seasoning as desired.

Remove rack from cooking vessel, pre-heat 25 minutes on HIGH. Place meat in cooker, continuing on HIGH for 20 minutes with cover only loosely in place to allow moisture to escape freely. Turn frequently, so as to sear all sides. Add ¼-cup hot water, vegetables and seasoning. Cover and turn to MED. for 2 hours. Turn to OFF and continue cooking 15 minutes on stored heat with cover removed to permit escape of excess moisture. The meat will be well browned and have a heavy gravy.



CHAPTER 6

Cheese, Eggs and Cereals

General Directions

The preparation of eggs on the Electric Range, either cooked on the surface heating unit or in the electric oven, is always a long time at a low temperature. On the surface units, use "low" heat, in most cases, and in the oven the egg mixture bakes at a temperature not exceeding 350°—lower in many cases.

Foamy Omelet

Yolks 2 eggs, 2 teaspoons cold water or milk, whites 2 eggs, ¼ teaspoon salt, 1 teaspoon cooking oil or butter. Add water to yolks and beat until smooth; add salt to whites and beat until dry and stiff. Combine by slowly folding yolks into whites. Place the teaspoon of fat in omelet pan or steel skillet, and place on surface heating unit on "low"' heat. When pan is warm, add the omelet and let stand on unit on "low" for 10 and 12 minutes. When brown underneath and dry on top, fold and remove to platter.

Delicious Scrambled Eggs

Turn surface heating unit to "high." Prepare lower part of double boiler, add water to depth of one inch and bring to boiling point. Turn unit to "low." Cover to keep very hot and confine steam. In upper part of double boiler, add 4 eggs, ½ cup milk, ½ teaspoon, salt, few grains pepper, 2 tablespoon butter. Break eggs with fork before adding the other ingredients. Place over hot water and cover. As the eggs congeal, lift the more solid part from bottom of boiler and continue until uniformly congealed. Prepare one teaspoon chopped parsley. Add at the last.

Egg Timbales

Beat 3 eggs lightly, with a fork. Until well blended, add ¾ cup milk, ½ teaspoon salt, ½ teaspoon minced parsley, onion juice to taste. Combine thoroughly. Pour into well buttered timbale molds.

Turn surface unit "high" to heat unit, then reduce to "low." Set molds in pan of hot water with folds of paper under the molds. Cover pan. Let steam until timbales are firm.

Poached Eggs

Pour 1 quart boiling water into a sauce pan and add 1 teaspoon of salt. Use surface unit on "high" with pan uncovered. Break in water strictly fresh eggs (water should cover eggs). Turn unit to "off"—when eggs are coagulated as desired, remove from water.

Poached Eggs and Celery

Arrange carefully poached eggs neatly on rounds of buttered toast. Fill center of dish with a pint of celery previously cut into inch lengths and cooked in boiling water until tender, then stirred into a cupful of cream sauce. See medium white sauce. Serve very hot. Garnish with paprika.

Hard Cooked Eggs

Place 1 quart boiling water in sauce pan on surface unit on "high." Place eggs in boiling water; continue "high" until boiling point is reached, then reduce heat to "off." Cover pan and simmer 20 minutes.

Stuffed Eggs

Bring 1 quart of water to boiling point on surface until "high." When boiling drop in 6 eggs and turn unit "off." In 20 minutes remove, shell, cut in halves and remove yolks. Blend yolks with 10 and 12 sardines, rubbed to a paste, 2 tablespoons Mayonnaise, lemon juice, salt and paprika to taste. Refill the whites.

Egg Croquettes

Twelve croquettes require 6 eggs. When eggs are hard cooked, (see Hard Cooked Eggs) let stand in cold water until cold, peel and chop fine. Salt, pepper to taste, and add 1 cup thick white sauce; add bread crumbs to make firm paste. Shape in small rolls, dip in beaten eggs and bread crumbs. Heat fat and fry to a pretty brown on surface heating unit, "medium" heat. Either shallow fat or deep fat will do for this work.

Scrambled Eggs with Tomatoes

Place 1 teaspoon of fat in frying pan on surface unit on "high" heat. When hot, drop in 1 slice of onion and when it is brown put in 3 tomatoes sliced or the equivalent in cooked tomatoes. When cooked soft, drop in 3 eggs and scramble together. Season highly with paprika and ½ teaspoon of salt. Turn unit "off" when the eggs are dropped into frying pan, as there will be sufficient heat in the unit to finish.

Cheese Souffle

Three tablespoons butter, 4 tablespoons flour, 1 cup milk, 4 eggs, 1 teaspoon salt, few grains cayenne, 1 ¼ cup grated cheese. Turn surface heating unit "high," melt butter, when hot, blend flour until smooth. Add milk gradually and seasonings. Turn unit to "low" and add eggs yolks well beaten and cheese. When cheese is well blended set aside to cool. Beat whites fairly stiff—but not dry, fold in cheese mixture. Turn into butter casserole.

Pre-heat electric oven to 350°. Turn upper unit "off"—lower unit "medium." Bake about 25 minutes.

Cheese Souffle

Melt 2 tablespoons butter, add 3 tablespoons flour, ½ teaspoon salt and a few grains of red pepper and mustard. Make a smooth paste and add two-thirds cup of scalded milk, ½ cup grated cheese, and when melted, the yolks of 3 eggs. Beat the whites stiff and fold into mixture. Pour into a baking dish or casserole. Heating unit on "high" in starting, then reduce to "low."

Pre-heat the oven to 350°. Turn upper unit "off." Use lower unit "high" 10 minutes and "off" 10 minutes. Serve immediately.

Welsh Rarebit

Turn medium sized surface heating unit to "high," and place pan containing 2 cups of milk upon it when milk is hot, turn unit to "low" and add ½ pound of cheese cut fine, ½ teaspoon of salt, ½ teaspoon paprika, 1 tablespoon butter. When cheese is melted, add three eggs beaten, and if desired, 2 tablespoons of tomato catsup, or 1 teaspoon Worcestershire Sauce, dissolved in 2 tablespoon hot water. Turn unit "off." Remove, when eggs have thickened. Serve hot on crackers or toast.

Toasted Cheese Sandwiches

Place thin strips of cheese between thin slices of white bread. Place on broiling rack and slide underneath the upper oven heating unit on "high"—when brown, turn and toast other side. Turn unit "off." Remove and serve hot. Pre-heat oven to 350° for this work.

Corn Meal Mush for Sauteing

Bring 6 cups of water to the boiling point on surface heating unit on "high" and add 2 teaspoons salt, and when boiling add slowly, 2 cups cornmeal. When boiling nicely, turn unit to "low" and continue for one hour. Turn into a mould and let stand to become cold, or serve hot with cream and sugar.

Saute Mush

Turn the mush from the mould where it was placed, slice ½ inch or less, dust in flour and saute in butter until a golden brown. The heating unit on "medium" for this. Plenty of time must be allowed for frying mush, as it does not brown quickly—about ½ hour.

Boiled Rice

Rice must be carefully looked over, remove any objectionable grains and wash thoroughly. Add 1 cup of rice slowly to 3 cups of boiling water, unit "high." Do not let water stop boiling—also add 1 teaspoon salt. Cover and cook 20 to 30 minutes.

CEREALS

Table for Cooking Cereals

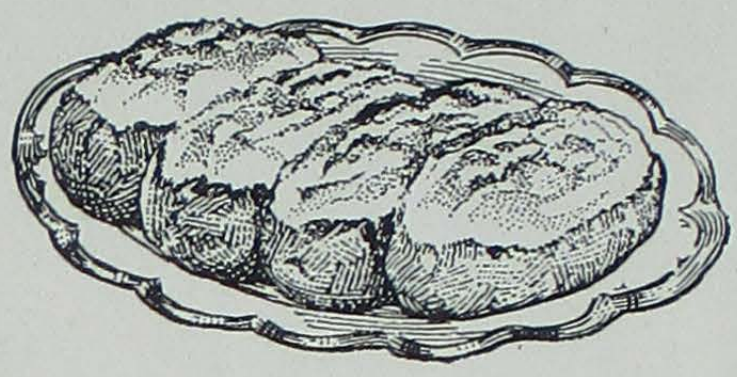
Kind	Quantity	Water	Time
Quaker Oats	1 cup	2 cups	Never less than
Ralstons	2-3 cup	2 cups	one hour and
Cream of Wheat	1-2 cup	2 cups	three hours
Rice	1 cup	3 cups	for children

Cereals are usually cooked in boiling salted water—and the general rule for salt is 1 teaspoonful to 1 quart of water.

A double boiler is a particularly good utensil for cereal cooking. Fill the lower part about ⅓ full of boiling water, this water should be kept boiling during the process of cooking. The surface unit "high" in starting, both the food in the upper part of double boiler and also water in lower part—and when both are started and boiling ,turn unit to "low" for remaining time.

To prepare the cereal—bring water to the boiling point in upper part of double boiler. Unit "high" (place directly over unit.) Add salt and gradually add cereal. When mixture begins to thicken, place over lower part of boiler. Stir with a fork in the beginning and not at all after the cereal goes over the hot water in the lower boiler. Dates and raisins may be added 15 minutes before serving.

Serve in mush bowls with cream and sugar.



CHAPTER 7

Vegetables and Entrees

General Directions

In cooking vegetables the surface units started on "high" and reduced to "low" after boiling point is reached, is the rule for the electric housewife. All green vegetables should go over the heating unit in boiling salted water and boiled until tender and no longer. Starchy vegetables, such as potatoes, and rice, go into boiling water unsalted. Starchy vegetables are cooked in covered pans until tender. Green vegetables, after the boiling point is reached are cooked in the uncovered pan, so as to simmer and not toughen in boiling too hard. This preserves the color which is so desirable in green vegetables. In vegetables where flavor is mild, very little water is needed but for such a vegetable as the onion, a great deal of water is needed and usually recooked in a second quantity of water. If vegetables are not crisp, let stand in cold water until crisp before cooking.

In cooking vegetables in the oven, in many cases oven dinners and possibly several items of food in oven at one time, the vegetables, if a steaming process is wanted, are tightly covered and thus independent of other foods. The vent is ½ open—and ¼ to ½ is a good rule to stand by for almost any oven work.

Boiled Potatoes

Place peeled potatoes in pan of sufficient size. Add boiling water to a depth of 1 inch. Use heating unit on "high" until boiling point is reached, then reduce to "low." When tender remove, turn unit "off" drain potatoes, dust them with salt, let stand on "unit" uncovered, shaking them now and then, until perfectly dry and fluffy.

Baked Potatoes

Choose medium sized potatoes and prepare for baking. Pre-heat oven to 400°. Turn upper unit "off," lower unit "high." Place potatoes in oven. When nearly done, pierce with a coarse fork and turn lower unit "off." Potatoes will bake in 30 to 40 minutes.

Scalloped Potatoes with Pimentos

Prepare and dice potatoes to the amount of 4 cups. Put in sauce pan and pre-boil 5 minutes. (See Boiled Potatoes). Drain, uncover and shake dry. Add 1 bell pepper and 2 pimentos chopped fine. Salt and pepper to taste and cover with Cheese Sauce.

Pre-heat oven to 350°. Turn upper unit "off" and lower unit "medium" 40 minutes and "off" 20 minutes. If other foods are in the oven, cover potatoes; if not, and the dish is desired brown, bake in uncovered pan.

Candied Sweet Potatoes

Select 8 uniform, medium sized sweet potatoes. Scrub with a brush and cook in boiling water 25 minutes. (See Boiled Potatoes.) Drain remove skins and cut lengthwise or crosswise if smaller pieces are desired. Lay in baking dish, cover with ½ cup sugar, ¼ cup water, dot over with 2 tablespoons butter, Bake 1 hour at 400°. Pre-heat oven to 400°. Turn upper unit "off" lower unit "high" 20 minutes, then "off" 40 minutes. If only a brown waxy look is wanted, the pieces of sweet potato may be placed upon a shallow pan and broiled under the upper unit. (See Broiled Apples.)

French Fried Potatoes

Prepare potatoes, cut in uniform strips, and let stand in cold water about 2 hours. Drain and dry with a cloth. Turn surface heating unit on "high." Heat deep fat, in sauce pan about the size of the unit used. When hot, turn unit to "medium." Put a few of the potatoes at a time in the deep fat. When brown, remove, turn upon paper to absorb fat, sprinkle with salt and serve as soon as finished frying. Turn unit "off" before the last potatoes are finished.

Green Peas

Shell peas, throw them into cold water for 1 hour, then drain and place in pan for cooking. Pour over about 1 inch of boiling water, 1 teaspoon sugar and 1 teaspoon salt to a quart of peas. Use heating on "high" until boiling point is reached, and then reduce to "low." Bring peas to the boiling point in the pan, covered. Then remove cover and let boil 20 minutes. Drain, add 1 teaspoon sugar, 1 tablespoon butter, and dash of pepper. Serve hot. Turn unit "off" before finishing.

Baked Beans

Soak 1 pint of small navy beans in cold water over night. In the morning wash and rinse in several waters. Add boiling water and pre-boil 30 minutes on heating unit "high." Remove from unit (turn to "off"), rinse thoroughly and put one-half of the beans in a casserole; add bits of salt pork cut fine, then the second layer of beans. Mix 2 tablespoons molasses, ½ teaspoon mustard and ½ cup of hot water, 1 teaspoon salt, and a dash of pepper. Pour over the beans. Add a little more water if necessary but not enough to cover. Put the cover upon the casserole and bake at 300° for 4 hours.

Pre-heat oven to 350°, turn upper unit "off," lower unit "high" 30 minutes then "low."

Thickened Milk or White Sauce

Thickened milk is the basis of so many soups, creamed meats, fish, croquettes, vegetables, cooked salad dressing and puddings.

	Milk	Butter	Flour	Seasonings
Thin	1 cup	2 tablespoons	1 tablespoon	To taste
Medium	1 cup	2 tablespoons	2 tablespoons	To taste
Thick	1 cup	2 tablespoons	3 or 4 tablespoons	To taste

In cooking the medium sauce—melt two tablespoons of butter in upper part of boiler, add 2 tablespoon flour, add one cup of milk, gradually. Seasonings according to use. Add boiling water to lower part of double boiler. Set upper part over the hot water and steam 30 minutes.

Surface heating unit "high" in starting then "low."
The thin sauce is used mostly for toast and soups.
Medium sauce is used for vegetables, souffles and scalloped dishes.
Thick sauce is used principally for croquettes.

Egg Sauce

To medium sauce add just before removing from boiler the yolks of three eggs. Beat and blend through sauce and remove from unit.

Cheese Sauce

Two tablespoons melted butter, 2 tablespoons flour, 1 cup milk, 1 teaspoon salt, dash of pepper. When sauce is hot and well blended, add ½ cup diced cheese. Stir unit smooth. Heating unit on "low" is heat control for such work.

Apples Broiled

Cut apples in half crosswise, remove part of core, if desired. Sprinkle with sugar and butter. Place upon shallow pan. Pre-heat oven to 350°. Turn lower unit "off," upper unit "high" for minutes, then "medium" until apples are tender and brown. Place apples one inch from glowing coil.

Noodle Souffle

To Egg Sauce add one teaspon salt to mixture, remove from boiler and fold in two cups of cooked rice, noodles or macaroni or spaghetti, season with a little onion, celery salt and pepper. Beat the three egg whites fluffy yet moist—fold into the mixture. Turn into buttered casserole.

Pre-heat electric oven to 325°. Turn upper unit "off." Place souffle ring or casserole in oven. Use lower unit "high" for 20 minutes then "off" into stored heat for 15 to 20 minutes. Remove from oven and serve immediately. If ring is used fill center with peas, creamed shrimp, croquettes, etc.

Green Pea Timbale

Mix, one half cupful mashed green peas with one tablespoon soup stock or cream. Beat whites of three eggs and combine with peas. Season with salt and pepper and little nutmeg. Blend well together and place in small molds and place in oven.

Pre-heat electric oven to 325°. Turn upper unit "off." Lower unit "medium" until molds are set.

Noodles Good & easy to make.

Three eggs slightly beaten, 2 tablespoons water, ½ teaspoon salt, 2 cups flour or to stiff dough. Knead well, add flour to board if necessary. When smooth and elastic, dry for possibly 40 to 60 minutes. Roll and cut for noodles. Heat about 3 quarts of water on surface heating unit "high"—continue "high." Drop about one cupful of noodles at a time in the boiling water, let boil ten minutes and remove with a dipper or strainer. Place on platter to cool, for further use.

Spinach Souffle

One cup cooked spinach, ½ teaspoon salt, 3 eggs, 2 tablespoons butter, ⅔ cup hot milk, ¼ cup flour. Mix flour, salt, butter, together until smooth, then stir in hot milk. Slowly add mashed spinach to this. Beat egg yolks until light and creamy and add to mixture. Then fold in stiffly beaten whites. Turn into buttered baking dish. Substitute chicken broth for milk in white sauce for variety.

Pre-heat electric oven to 325° and turn upper unit "off" lower unit "high" 15 minutes, then "off" in stored heat. Serve immediately.

Tuna Fish Croquettes

Prepare white sauce, using two tablespoons butter, 4 tablespoons of flour, 1 cup milk, 1 teaspoon salt. Flake large can of tuna, combine, shape croquettes, roll in flour, dip in diluted egg and roll in shredded wheat crumbs.

Pre-heat deep fat on surface heating unit "high" until bread crumbs become a golden brown in 40 seconds, reduce unit to "medium." Fry croquettes, place on brown paper to absorb fat. Fill noodle ring with the croquette balls.

Macaroni and Cheese

Upon a surface heating unit, bring to the boiling point on "high" 1 cup of macaroni and 4 cups of boiling water; then reduce to "medium." When macaroni is tender, remove, drain, rinse in cold water and drain again. Arrange the macaroni in a baking pan, season and cover with the cheese sauce. (See Cheese Sauce).

Pre-heat oven to 400°. Turn upper unit "off," lower unit "high" 20 minutes, then "off" 40 minutes.

Broiled Bananas

Cut bananas lengthwise; arrange upon baking platter or pan; sprinkle with sugar and a few drops of lemon juice. Broil as directed for "Broiled Tomatoes." When brown remove from oven.

Macaroni Croquettes

Cook macaroni as for Macaroni and Cheese and add Cheese Sauce (see recipe) and season to taste. Pour into pan or platter, set aside to cool over night. Cut into squares, dip in flour, diluted egg, and roll in crumbs. Fry in deep fat. Heat fat on unit "high." When bread crumb will brown in 40 seconds, turn to "medium." Immerse croquettes in hot fat and fry a golden brown. These are very delicious.

Stuffed Peppers

Cut tops from 6 green peppers, remove seeds, and cover with boiling water. Let stand 5 minutes. Make a mixture of 2 cups of boiled macaroni (see Macaroni and Cheese), one chopped onion, one pimento, one tablespoon of melted butter, salt and pepper. Fill peppers, cover with bread crumbs and place in baking dish.

Pre-heat electric oven to 400°. Turn upper unit "off," lower unit "high" 15 minutes and "off" 20 minutes.

Broiled Tomatoes

Cut tomatoes in halves crosswise and do not remove the skins. Sprinkle with salt and pepper and cracker or bread crumbs. Place upon shallow pan and dot with butter.

Pre-heat oven to 350°. Turn lower unit "off," upper unit "medium" for 5 minutes, the tomatoes placed 1 inch under the upper unit. Reduce to "low" and continue until tender. Remove and turn unit "off." Broiling is never stored heat cooking and is a much quicker process than baking, being direct heat.

Corn Pudding

One-fourth cup yellow corn meal, ½ cup cold water, 1 teaspoon salt, paprika and pepper to taste, 1 tablespoon butter, ½ can corn, 2 eggs, 1 pint of milk.

Combine corn meal, cold water, salt and pepper; cook until thick; remove and add milk, butter, corn (put through sieve), eggs beaten lightly. Pour in buttered pudding dish.

Pre-heat oven to 300°. Turn upper unit "off." Place pudding in oven, lower unit "high" 20 minutes, then "off" in stored heat. When firm remove from oven.

Pineapple Fritters

Let pineapple slices or pieces stand one hour, covered with sugar. Drain pieces and dip in following batter:

One egg, 4 tablespoons milk, ½ cup flour, 1 tablespoon butter (melted), ¼ teaspoon salt. Beat the yolk and white separately. To the yolk add the liquid, salt and butter. Stir in the flour, beat for a smooth dough and then fold in beaten white. Fry in deep fat.

Heat fat on unit "high," when bread crumb will brown in 60 seconds, reduce unit to "medium." With a fork, pick up piece of pineapple, dip in batter, then immerse in hot fat. Remove when brown, drop on brown paper. Sprinkle with powdered sugar.

Baked Banana

Cut two slashes down the edges of the banana, following the natural divisions. This is to give room for expansion.

Pre-heat electric oven to 350°. Turn upper unit "off." Lower unit "high" for 10 minutes then "off" in stored heat 20 minutes. Allow one banana for each guest. Work of this kind is usually combined with oven dinner work.

Apples Stuffed with Mince Meat

Core apples; remove the peeling around the stem; fill with mince meat. Pre-heat electric oven to 400°. Turn upper unit "off," lower unit "medium" 20 minutes, then "off." Apples will be tender 20 to 30 minutes later. If oven dinner is in process of cooking, the apples are included in the oven dinner, and 300° to 400° will be satisfactory.

Apples Baked

After a meal, when the electric oven has been heated, for instance to 400°, have ready a pan of cored apples; fill centers with raisins and sprinkle with sugar. Place in heated oven, both upper and lower units "off." See that the door is tightly closed. A few hours later, upon returning to the kitchen, you will find the apples thoroughly cooked by the stored heat baking.

Creamed Mushrooms

Wash 1 pound of mushrooms and cut in halves, if large. Heat sauce pan and 2 tablespoons of butter on heating unit on "high," add mushrooms and ½ cup of milk. Reduce unit to "low." Add salt and pepper to taste when milk is hot and a few minutes later, 2/3 cup milk or cream into which has been blended 2 tablespoons of flour. Cover and let cook 10 minutes. Serve on toast very hot.

Cauliflower

Pre-heat electric oven to 350°. Place in oven casserole until thoroughly heated. Prepare head of cauliflower; place unseasoned and without water in the casserole; cover and place in oven about one hour will be necessary to steam cauliflower.

Turn upper unit "off" and lower unit possibly "medium" depending upon quantity of food, for oven dinner, in preparation. Steaming in tight casserole, without water in Electric Oven, is the odorless process of cooking cabbage, onions, etc. (See "Oven Dinner.")

Rice Baked in Milk

Soak 1 cup of rice in 1 pint of water 15 minutes. Pre-heat electric oven to 400°. Preboil rice 5 minutes in 1 quart of boiling water; drain and add 1½ cups scalded milk. Season with 1 teaspoon salt and 1 tablespoon sugar. Place in oven. Turn upper unit "off" and lower unit "high" 20 minutes and "off" 40 minutes. Bake in covered pan.

Egg Plant

Egg Plant Plain. Peel and slice egg plant and place in cold water to become crisp. Then wipe on a dry towel. Turn surface heating unit to "high" and place skillet on unit and add about 3 tablespoons butter, salt egg plant to taste, places slices in skillet, and reduce unit to "medium." Turn frequently and when tender and slightly brown, remove to serving dish and serve immediately.

Egg Plant Breaded

Dust slices of egg plant with cracker crumbs or dip in diluted and beaten egg, then dust in crumbs. The crumbs will of course give a different finish and flavor from the plain or natural flavor.

Fry in shallow fat as in Plain Egg Plant.

Creamed Cucumbers

Peel and cut lengthwise into halves. Place in sauce pan and add boiling water to cover, 1 teaspoon salt. Use heating unit "high" until boiling point is reached, then "low." Do not cover the pan in order to preserve color. When tender, drain and add medium White Sauce. Garnish over top with paprika.

Creamed Celery

Wash, scrape and cut into pieces outside stalks of celery, about 2 or 3 cups. Cook tender in boiling, salted water on heating unit, starting on "high" and reduce to "low." When tender, drain and add 1 cup of white sauce; re-heat and serve hot.

Creamed Radishes

Follow directions for cucumbers, however, the radishes are not peeled and are cut into slices. Dress with medium White Sauce.

Creamed Onions

Peel onions, leave whole, or quarter if large, add boiling water to extend one inch above surface of onions. Surface heating unit "high" pan uncovered. Pour off first water and repeat. Turn unit "low" and cook until tender. Dress with medium White Sauce.

Carrots and Turnips

In cooking carrots or turnips follow instructions for Boiled Potatoes.

Creamed Cabbage

Cut cabbage fine on a slaw cutter or with a sharp knife. Bring pan of boiling water, possibly 2 to 3 quarts to boiling point on "high" and add 2 teaspoons salt. Slowly drop in cabbage little at a time, in order to keep boiling. Will require 20 to 25 minutes to become tender. When done, drain and season with pepper, dress with medium or thick white sauce, and top with bread crumbs and paprika.

Cabbage Au Gratin

Rinse in cold water one head of cabbage, chop fine and let stand in cold water 15 minutes.

Drop cabbage in boiling salted water and boil 8 minutes, heating unit "high."

Prepare medium white sauce (see Thickened Milk), add salt and pepper to taste and 4 tablespoons grated cheese. When thick, add yolks of two eggs which have been hard cooked and chop fine.

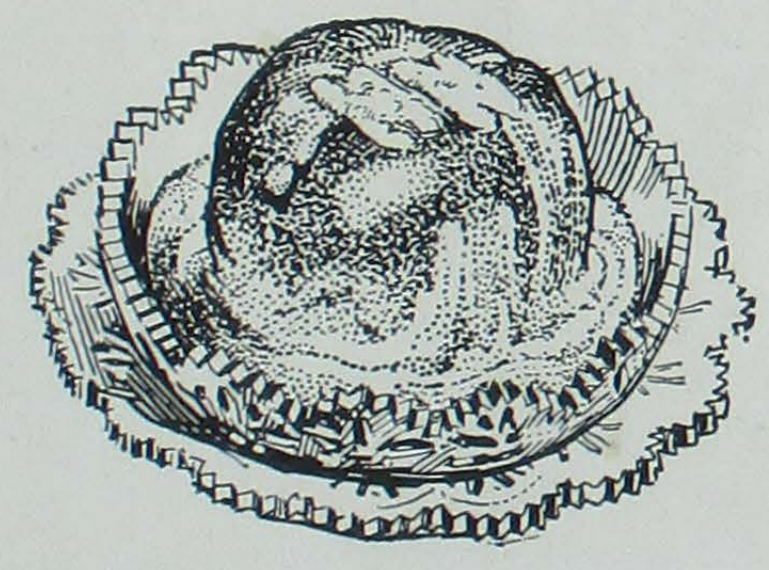
Chop whites fine, select casserole, and arrange layers of cabbage, chopped egg and white sauce. Top the casserole with bread crumbs.

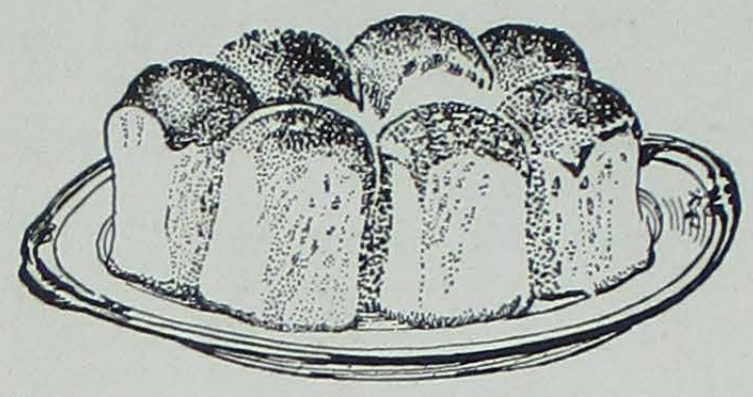
Pre-heat electric oven to 375°. Turn upper unit "off," lower unit "high" 15 minutes and "off" 15 minutes.

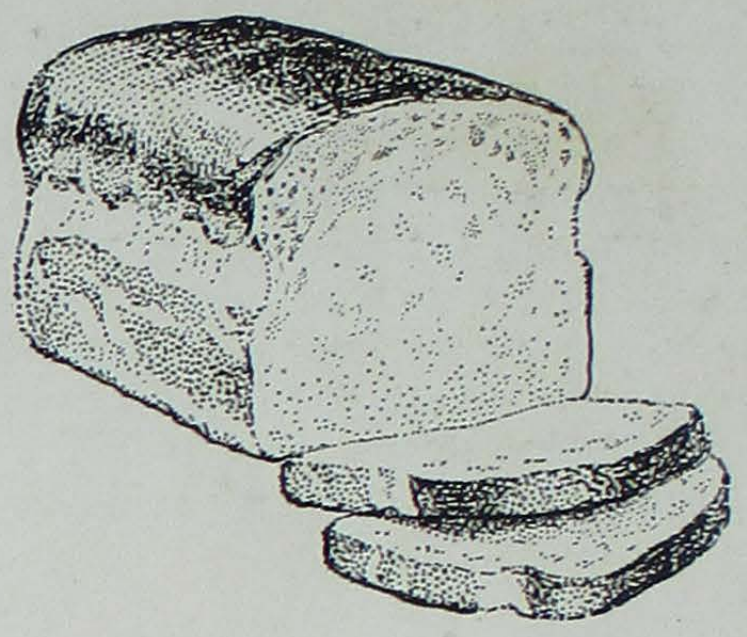
Tamale Loaf

Place in large sauce pan or kettle on surface heating unit "high" 1 cup olive oil, 3 tablespoons butter, 2 onions (chopped fine), 2 cloves or garlic. Cook 15 minutes, reduce unit to "medium" when heated. Follow this mixture with 1 can of tomatoes, 1 can of corn and 3 tablespoons chile pepper sauce (dissolve in water). Cook this 15 minutes longer.

To the above add 1½ cups corn meal, 3 eggs well beaten, 1 cup milk and 1 tablespoon or more of salt. Cook 15 minutes. Remove from unit and pour in bread pan or loaf pan. Pre-heat electric oven to 375°. Turn upper unit "off," lower unit "medium" 30 minutes, "off" 15 to 30 minutes depending upon the dryness desired.







CHAPTER 8

Bread, Rolls and Breakfast Cakes

General Directions

In operating the Electric Oven for Bread Baking, in most cases the oven is heated to 350° to 400°, depending upon the quantity of bread to be baked. The upper unit is used in pre-heating but not during the actual baking. The vent is used one-half open, to maintain a normal air condition and the baking rack placed about 3 inches above the lower heating unit. The time-table has not been changed in baking in the Electric Oven, but baking conditions very superior to other fuels—no air circulation, giving a complete expansion, uniform heat and browning and mechanical heat control.

In making bread, the four things to which we pay particular attention, are:

Yeast—That it may be fresh, for the plant life is the leavening agent.

Temperature—First in making bread dough, combine luke warm liquids to yeast. Second, let dough rise at a warm temperature, yeast requires warmth, air and moisture—but will die if too much heat or warmth is given it. Third, Kneading—Dough must not be chilled—dough must be uniformly kneaded—turn inside out as in pulling taffy, for the early kneading; then toss on a board to smooth. Fourth, Baking—Bread bakes at a high temperature on the outside possibly 350° or more. To form brown crisp crust and bakes at about 212° on the inside of the loaf. So guard against too hot an oven. The Hotpoint Electric Oven is very valuable to you in bread baking because of the uniform heat and control of heat.

To allow batter to raise - preheat oven to 250° & turn off.

Milk Bread No. 1

Scald 1 quart of milk and when cooled or lukewarm, add 1 cake of compressed yeast and 3 tablespoons of sugar—then gradually 1½ quarts of sifted flour. Beat thoroughly, cover and let stand about 2½ hours in a warm place. When light, add 2 tablespoons of fat and 1½ quarts of flour and 3 level teaspoons salt. Knead until smooth and elastic. Place in a well oiled bowl; let rise double in bulk (about 2 hours in a warm place); mould into four loaves; place in well oiled pans and let double in bulk again (about 1 hour).

Pre-heat electric oven to 375°. Turn upper unit "off," lower unit "high." Place loaves in oven; let lower unit remain "high" 30 minutes, then "off" 30 minutes. Remove from oven. In placing this quantity of bread dough in the oven a drop of 25° is to be expected. The bread starts baking at about 350° and comes out at about 300°.

Milk Bread No. 2

One cup scalded milk, 1 cup scalded water, 2 tablespoons of shortening, 1½ teaspoons salt, 2 tablespoons sugar, 1 cake of compressed yeast, dissolved in ½ cup of luke-warm water, 6 cups of bread flour.

Put sugar, shortening and salt in mixing bowl; add scalded milk; when luke-warm, the dissolved yeast and stir in the 6 cups of flour gradually. Have another cup of flour ready for kneading. Turn dough on floured board, knead until smooth, let rise in a warm place until double in bulk, then cut down and let rise a second time. When again double in bulk, divide in two parts and work down into loaves and place in oiled pans, cover and let rise again double in bulk.

Pre-heat oven to 350°. Turn unit "off" and lower unit "medium" for 30 minutes, then into stored heat baking 30 minutes.

Comparing this to the preceding recipe you will notice the difference in heat control, because of the quantity being one-half the former.

Graham Bread

One cup of scalded milk, 1 cup of hot water, 2 tablespoons fat, 3 tablespoons of sugar or molasses, 1½ teaspoons salt, 1 cake of compressed yeast, dissolved in ½ cup of luke-warm water, 3½ cups sifted graham flour and 3 cups of white flour.

Put molasses, salt, fat in mixing bowl, and add scalding liquid; when luke-warm add yeast, then flour, beat well and let rise double in bulk. Knead lightly and make into two loaves and let rise. Follow baking directions as in Milk Bread No. 2.

Health Bread (Entire Wheat)

One pint of water, 1 cake of compressed yeast, dissolved in ¼ cup luke-warm water, 1 tablespoon salt, 2½ tablespoons sugar, 1 egg, 6 cups of entire wheat flour.

Combine bread according to general rule. See Milk Bread No. 2. Let rise double in bulk. Place in oiled bread pans to rise again and let increase only one-half in bulk instead double in bulk.

Pre-heat electric oven to 350°. Turn upper unit "off," lower unit "medium" for 30 minutes, then "off" 30 minutes.

Entire Wheat Bread

Two cups scalded milk, 2 tablespoons butter, 4 tablespoons sugar or molasses, ½ teaspoon salt, 1 cake compressed yeast dissolved in ¼ cup luke-warm water, 2 cups bread flour, 4 cups entire wheat flour.

Same as Health Bread in making and baking.

Two Loaves Rye Bread

Two cups scalded milk, ½ cake compressed yeast, ½ cup luke-warm water, 1 teaspoon salt, 4 tablespoons molasses, 2 tablespoons butter, 5 cups rye flour, 3 cups white bread flour.

The night before, mix the yeast in the ½ cup of luke-warm water, dissolve the butter, salt and molasses in the hot milk; when cool add yeast and flour. Mix thoroughly, knead, cover and let stand over night in a moderately warm place.

In the morning cut down and make into two loaves; cover and let stand again until light. Bake 1 hour.

Follow the baking directions given in Milk Bread No. 2.

Coffee Cake

One cup scalded milk, ¼ cup butter, ⅓ cup sugar, ½ teaspoon salt, 1 cake compressed yeast dissolved in ¼ cup warm water, 1 egg well beaten, ½ cup seeded raisins, 4 cups flour.

Combine as in milk bread, knead and let rise until double in bulk. When light spread dough in oiled dripping pan, one inch in thickness, cover, and let rise again. When ready for oven, brush with beaten egg and the following mixture:

Crumb for Coffee Cake

Melt 3 tablespoons butter, add 1/3 cup sugar, 1 teaspoon cinnamon, seven tablespoons flour. When the crumb is ready add to coffee cake and top with a few shredded almonds. Bake 25 minutes at 375°. Upper unit "off," lower unit "medium."

Tea Rolls

Make a sponge of 1 cake of compressed yeast dissolved in ¼ cup water, 1 cup scalded milk, 1½ cups bread flour. When sponge is light, add ¼ cup sugar, ¼ cup melted shortening, 2 eggs yolks, ½ teaspoon salt, grated rind of a lemon and 2 cups flour. Toss upon a floured board and knead until smooth and elastic. Cover and set to rise about 80°. When double in bulk, turn upon board, cut and shape into rolls. Arrange in baking pans. Let rise again.

Pre-heat oven to 400°. Turn upper unit "off," lower unit "high" for 10 minutes and "off" 10 minutes.

Coffee Cake

Same recipe as Tea Rolls. Shape dough into uniform thickness and size of the shallow pans used for baking coffee cake. Brush over with a little egg left for the purpose and sprinkle with sugar, cinnamon and chopped almonds. Let stand until very light.

Pre-heat oven to 400°. Turn upper unit "off," lower unit "high" 15 minutes and "off" 15 minutes.

Luncheon Rolls

One and one-fourth cups scalded milk, 2 tablespoons butter or lard, 2 tablespoons sugar, 1 teaspoon salt, 1 cake compressed yeast, 1 egg, 4 cups flour.

Scald milk and cool. When luke-warm, add sugar and yeast cake to dissolve. Follow with melted butter, salt, the egg beaten light and gradually the flour. Toss on floured board, knead lightly and thoroughly. Place in oiled bowl to rise double in bulk. Will be about two hours. When light form in small biscuits round or oblong. Place about ½ inch apart on an oiled biscuit pan. Let rise until double in bulk, (about 25 minutes). Brush with egg and milk and bake.

Pre-heat electric oven to 425°. Turn upper unit "off." Use lower unit "high." Bake about 10 minutes. Turn unit "off" just before done.

Parker House Rolls

Two cups scalded milk, 3 tablespoons butter, 3 tablespoons sugar, 1 teaspoon salt, 1 cake compressed yeast, ¼ cup luke-warm water, 5½ cups flour.

Add butter, sugar and salt to milk, when luke-warm, add yeast dissolved in the luke-warm water, and 3 cups of flour. Beat thoroughly, cover and let rise until light, then add remaining flour. Toss on board, knead, put back in oiled bowl, let rise again, double in bulk. Pinch off or cut with a cutter, the rolls. Pull to an oblong shape. Use small rolling pin or handle of knife to crease the center of the roll. Brush with butter one half of roll and fold. Place in oiled pan one inch apart. Let stand only until they appear to be rising.

Pre-heat electric oven to 425°. Turn upper unit "off," lower unit "high." Bake 10 to 12 minutes. Unit "off" at finish.

Baking Powder Biscuits

Two cups flour (soft wheat), 4 teaspoons baking powder, 1 teaspoon salt, 3 tablespoons lard, or other fat, ¾ cup sweet milk. Sift together dry ingredients. Add shortening and cut into flour until well blended. Add milk; mix with a fork to a soft dough. Turn on a lightly floured board, knead lightly. Roll to ½ inch thickness and cut into small biscuits.

Pre-heat oven to 500°. Turn upper unit "off," lower unit "high" about 8 minutes, then "off." About 10 minutes to bake satisfactorily.

Raisin Tea Ring

See Baking Powder Biscuit recipe. Roll dough ¼ inch thick and oblong in shape. Sprinkle with sugar, cinnamon and dot with ½ cup of raisins; roll up like jelly roll; place in ring shape upon baking sheet and slash the roll halfway down in pieces 1 inch apart. Turn these points to the outside of ring, making a pointed star.

Pre-heat oven to 400°. Upper unit "off," lower unit "high" 10 minutes and "off" 10 minutes.

Cheese Biscuits

Follow recipe for Baking Powder Biscuits. Sift together dry ingredients, add shortening and cut into mixture with the aid of two knives, untill well blended. Sprinkle into this 2/3 cup grated American Cheese. Add milk by the aid of a fork. Stir to a soft dough, toss on board. Knead lightly and cut in biscuits or bread sticks.

Bake in electric oven 450°, or 500° if very small.

Biscuit Dough for Shortcake

Follow recipe for Baking Powder Biscuits. Sift dry ingredients, add fat and cut in. Then into a measuring cup, break one egg—beat lightly, add milk to ¾ cupful. Combine to flour mixture by aid of a fork. Toss on board. Knead lightly, shape in a disk as for a layer and place in a round layer cake pan. Pre-heat electric oven to 400°. Turn upper unit "off." Lower unit "high" 10 minutes, then "off" 10 minutes.

Bran Biscuits

Two cups bran, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon soda, ¼ cup butter, 1½ cups buttermilk, 3 tablespoons molasses. Sift dry ingredients, cut in butter with two knives. Combine buttermilk with molasses and add, mixing with a fork. Toss on board, pat, shape, and cut in round biscuits.

Pre-heat electric oven to 400°. Turn upper unit "off" lower unit "high" 10 minutes "off" 5 minutes.

Entire Wheat Biscuits

One cup pastry flour, 1 cup entire wheat, ½ teaspoon salt, 4 teaspoons baking powder, 2/3 cup milk, 1 tablespoon fat. Follow directions, in combining and baking, same as for Bran Biscuits.

Cream Scones

Place flour sifter in mixing bowl and add two cups pastry flour, ½ teaspoon salt, 4 teaspoons baking powder, 2 teaspoons sugar. Sift through sifter, add to mixture one beaten egg, and ½ cup cream. Beat well, toss on bread board, pat to a thickness of one-third inch and round as a pie, cut in triangular pieces as in cutting a piece of pie. Pre-heat electric oven to 400°. Turn upper unit "off." Bake 12 minutes. Lower unit "high" 8 minutes, "off" four. The scones will need about 12 minutes to be thoroughly done and brown.

Colonial Nut Bread

Two-thirds cup sugar, 1 cup sweet milk, 2½ cups flour, ½ teaspoon salt, 2½ teaspoons baking powder, 1 egg beaten light, 1 cup nut meats, 1 cup raisins. Let stand 1 hour. Use a phosphate baking powder for this loaf.

Pre-heat oven to 350°. Turn upper heating unit to "off." Place loaf in oven, using lower unit "medium" 25 minutes and "off" 25 minutes.

Nut and Orange Loaf

Sift together five cups white flour, 1 cup graham flour, 1 teaspoon salt, 6 teaspoons baking powder, 1 cup sugar. Add 1 cup candied orange peel and 1 cup chopped pecan nut meats. Mix thoroughly. Beat 2 eggs, add 1½ cups milk and add gradually to first mixture. Turn into an oiled bread pan. This makes one large or two small loaves.

Pre-heat electric oven to 350°. Turn upper unit "off," lower unit "medium." Bake one hour. Turn unit "off" just before done.

Corn Meal Muffins

One cup corn meal, 1 cup white flour, 4 teaspoons baking powder, 5 tablespoons sugar, 1½ teaspoons salt, 1 cup milk, 1 egg beaten light and 2 tablespoons melted butter. Sift together dry ingredients; add milk and melted butter and last the well beaten egg. Beat thoroughly and drop into hot, oiled muffin pans.

Pre-heat electric oven to 450°. Turn upper heating unit "off," lower unit "high" 15 minutes and "off" 10 minutes.

Brown Bread (Low Temperature Baking)

One cup cornmeal, 1 cup of either rye, graham or white flour, or a mixture, 1 cup sour milk, ½ cup molasses, ¾ teaspoon soda, 1 teaspoon baking powder, ½ teaspoon salt, ½ cup raisins.

Measure and mix ingredients; sift into bowl; add molasses and milk. Stir until well mixed, then add raisins. Oil bread moulds and fill two-thirds full. Pre-heat electric oven to 250°. Turn upper unit "off." Place moulds in oven and maintain 250° on the thermometer, reducing lower unit to "low" when thermometer begins to rise, which will be in about 20 minutes. These moulds should bake 2½ hours at this low temperature. The baking of brown bread in the Hotpoint Electric Range at this low temperature is equivalent to—and takes the place of—the old steaming process.

Corn Bread

Three-fourths cup cornmeal, 1¼ cups flour, 4 teaspoons baking powder, 1½ tablespoon sugar, ½ teaspoon salt, 1 cup milk, 1 egg, 1½ tablespoon fat melted.

Combine in order given, pour in oiled pan suitable for baking corn bread.

Pre-heat electric oven to 375°. Turn upper unit "off," lower unit "high." Let unit remain "high" until oven has reached 425° in order to brown well. Then turn unit "off."

Graham Gems

One and ⅓ cups graham flour, 1 cup white flour, 4 tablespoons baking powder, 3 tablespoons molasses, 1 teaspoon salt, 1 cup milk, 1 egg beaten light, 2 tablespoons butter. Sift dry ingredients together; add milk, beaten egg and melted butter. Beat thoroughly. Drop in hot buttered muffin pans.

Preheat electric oven to 450°. Turn upper unit "off," lower unit "high" 15 minutes and "off" 10 minutes.

Bran Muffins

One-half cup wheat flour, 2 cups bran, 1 cup graham, 2 tablespoons butter, 1 egg, 2 tablespoons molasses, 4 teaspoons baking powder, 1 teaspoon salt, 1½ cups sweet milk.

Sift together flour, baking powder, salt and add bran. Add milk, molasses, egg, and melted butter. Fill oiled muffin pans one-half full.

Pre-heat electric oven to 425°. Turn upper unit "off." Place muffins in oven, lower unit "high" for 15 minutes, then "off" 10 minutes. Twenty-five minutes is the baking time for average size muffins; if small, less time.

Bran Muffins Not sweet enough

One fourth cup sugar, 3 tablespoons shortening, cream together and add one egg, 1 cup milk, 1 cup bran, 1¼ cups flour, 2 teaspoons baking powder, ¼ teaspoon salt. Combine in order given. Sift dry ingredients through flour sifter. Drop muffins in hot oiled muffin pans.

Pre-heat electric oven to 400°. Turn upper unit "off," lower unit "high" 15 minutes, then "off" 10 minutes.

Rice Flour Muffins

Four eggs, few grains salt, ½ cup rice flour (or pastry flour), 1 teaspoon baking powder, 2 tablespoons ice water, 2 tablespoons sugar.

Beat egg whites very stiff and dry. Add salt, and sugar to beaten yolk and fold into whites. Sift together baking powder and flour and fold gradually into mixture. Gradually add ice water at the last.

Pre-heat electric oven to 350°. Maintain 350° about 18 minutes. Upper unit "off" and lower unit "medium."

Popovers

One cup flour, 1 egg, 1 cup milk, ½ teaspoon salt. Beat the egg light, using dover egg beater, add gradually flour, alternating with milk. Beat thoroughly one minute or more. Oil and heat muffin pans, filling ⅔ full. This batter is quite thin.

Pre-heat electric oven to 450°. Turn upper unit "off," lower unit "high" 20 minutes and "off" 20 minutes. Popovers baked in the electric oven shrink very, very, little and are very delicious.

Blueberry Muffins

One fourth cup butter, ¼ cup sugar, 1 egg, ½ teaspoon salt, 4 teaspoons baking powder, 2⅔ cups flour, 1 cup milk, 1 cup blueberries. Dust 4 tablespoons flour over blueberries and let stand 30 minutes. Cream butter and sugar and add beaten egg, alternate dry ingredients and milk. Add berries at last. Drop batter in hot oiled muffin pans. Fill one-half full.

Pre-heat Hotpoint Electric Oven to 400°. Turn upper unit "off," lower unit "high" 10 minutes, then "off" 10 minutes.

Cream Waffles

Two cups flour, 1 cup thick cream, 1 cup rich milk, ¼ cup melted butter, 5 eggs, 1 teaspoon baking powder, ½ teaspoon salt. Combine and sift flour, baking powder and salt. Beat yolks of eggs and slowly add the milk and cream. Add gradually to the dry ingredients, beat until smooth and light and add melted butter. Beat egg whites dry and stiff and fold gently into batter.

Pre-heat Hotpoint electric waffle iron five minutes, add waffle batter 4 tablespoonsful. Bake 2 minutes and if wanted very crisp 2½ minutes. The waffle iron was oiled slightly for the first waffle, but no oil for those that followed.

If you are not fortunate enough to have a Hotpoint Waffle iron, heat an old fashioned waffle iron on surface unit "high." Bake about 2 minutes.

Rice Waffles

One cup fresh boiled rice, 1 heaping tablespoon butter, 3 eggs, 2 cups sour milk or cream, 1 teaspoon salt, 1 teaspoon soda, 1½ cups flour.

To hot rice add butter and beaten yolks. Soda to sour milk. Combine with rice and gradually add flour and beat. Fold in whites at last. Follow baking instruction given for cream waffles.

Waffles

One cup sour milk, ½ teaspoon soda, 1 teaspoon baking powder, ½ teaspoon salt, 2 egg yolks, 1 cup flour, 2 egg whites, beaten dry and stiff. Combine dry ingredients; add to sour milk; then yolks and last beaten whites.

Pre-heat waffle iron on "high"; turn and heat second side so the entire iron is heated. Use the low flat type and not the elevated iron. When heated and lightly oiled, fill the iron and reduce heat to "medium"; turn so both sides may be of equal brown.

Waffles

One pint flour, 2 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons butter, 3 eggs, 1½ cups sweet milk. Mix and sift dry ingredients, cut in butter, separate eggs, add milk to yolks. Add this mixture to dry ingredients, fold in beaten whites. If batter is too stiff add more milk, will depend on flour. In baking waffles follow directions given in Cream Waffles.

Griddle Cakes

Two and one-half cups flour, 1 teaspoon salt, 1 egg, 2 cups sour milk, 1 teaspoon soda, 1 tablespoon sugar, 1 tablespoon melted butter. Sift together dry ingredients; add sour milk and beat to a smooth batter. Add beaten egg and fat and beat thoroughly. Drop by spoonfuls on well oiled hot griddle. Cook on one side and when brown turn and brown second side.

Pre-heat cake griddle, using large heating unit on "high," until thoroughly heated; then reduce to "medium" for continued cooking of cakes.

Buckwheat Cakes

One cup buckwheat flour, 3 teaspoons baking powder, ½ teaspoon salt, 1 tablespoon sugar, ½ cup milk, 1 cup water.

Combine dry ingredients and sift; add all the liquid ingredients; beat thoroughly. Bake on hot, oiled griddle on "medium" heat, as in precednig recipe.

Maple Syrup

Maple, white or brown sugar may be used. Dissolve in equal parts of hot water and sugar. Bring slowly to boiling point on unit "low." When boiling, skim, boil slowly 5 minutes. May be flavored if desired.

Toast

Slice bread about ⅓ to ½ inch in thickness. Turn upper unit "high." Preheat oven slightly if you want the toast moist and toasted very quickly. Place slices on broiling rack in pan and place about ½ to 1 inch below glowing coil. When brown, turn and brown second side. Turn unit to "off." Remove from oven, butter and serve hot.

Soup Sticks

Brush sticks or cubes of stale bread with melted butter. Place on broiling rack and slide into electric oven about one inch below upper unit "high." Turn gradually and almost continually, so all sides will be of uniform brown. Serve with creamed soups or cubes to garnish some casserole dishes.

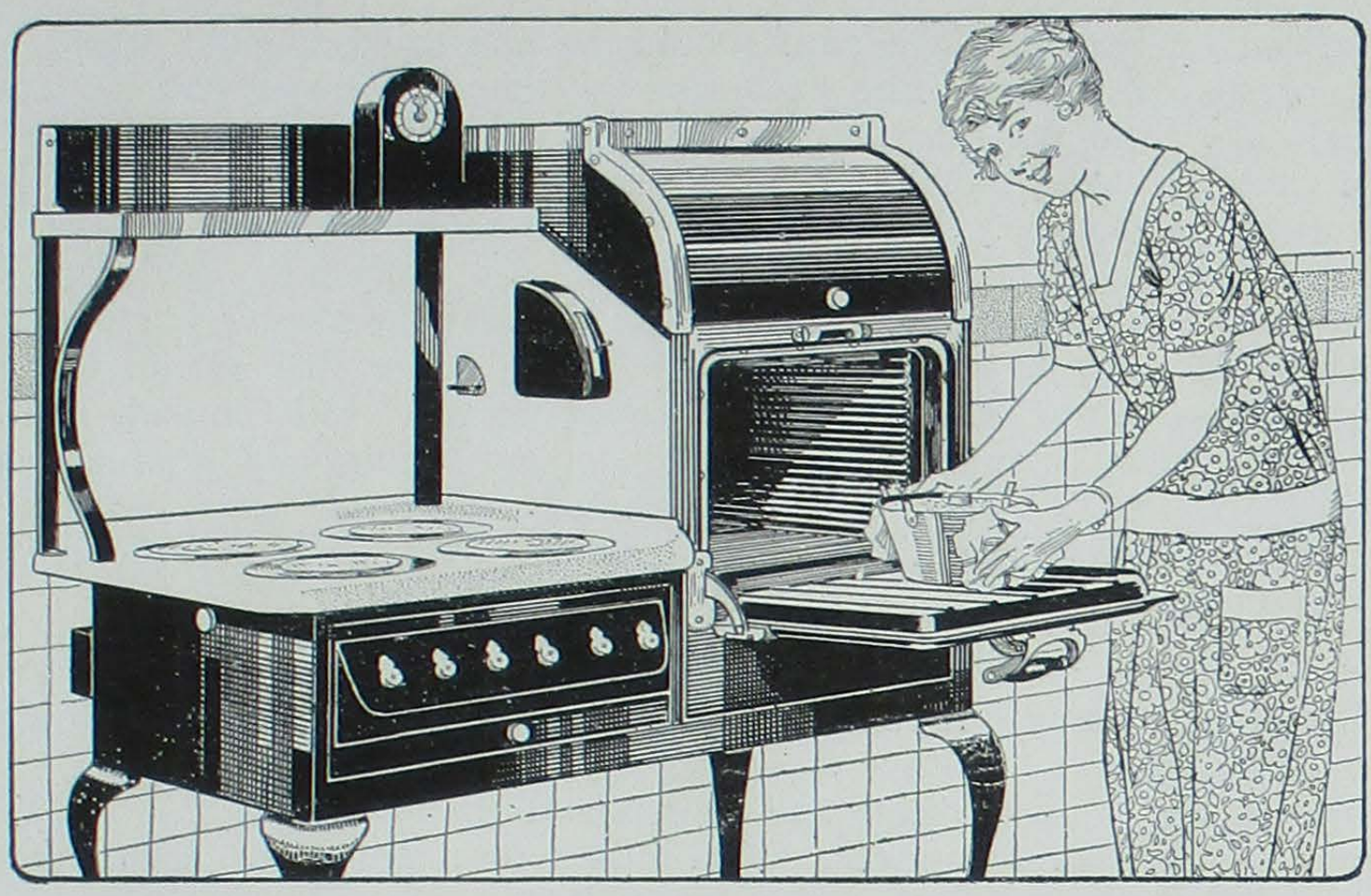
French Toast

Make a batter of 2 eggs, beat light, add ⅔ cup milk, ½ teaspoon salt. Six to eight slices of bread. Dip slices of bread in egg batter and place in skillet to fry.

Pre-heat skillet on electric surface unit "high," add 2 tablespoons butter. Melt, and when skillet and butter are thoroughly hot, reduce unit to "medium." Additional butter will be needed after first two or three slices have been browned.

Cinnamon Toast

Prepare toast as given in recipe. Butter slices of toast, sprinkle with cinnamon and sugar and place back in oven. Partially melt sugar to give the desired appearance.



CHAPTER 9

Cakes, Cookies and Frostings

General Directions

Cakes are the millinery of cooking and some knowledge of temperature and the application of heating for the expansion of the batter, producing different textures, is almost necessary. Up to this point of understanding one can almost call their cake baking experimental. The heat as applied in the Hotpoint Electric Oven is under such wonderful control that we are able to produce what we want, and what we boast of. For instance the Sponge or Angel Food gradually heating and expanding up to 325—depending upon the expansion of moist air — then from 325 to 350° forming the crust, browning and drying, gives us the feathery and fluffy sponge cake we want. Then in the layer cake a continuous 350° temperature gives you one texture and a gradual raising or increasing from 350° to 380° gives you a still different texture. The lower unit is the baking unit for all cake baking—and the vent usually ¼ open. Also about a four inch air space below the cake — in other words, in many cases, the same amount of heated air under the cake as below—as seldom if ever do we plan to have other food in the oven when baking cakes.

Cakes are divided into two classes—Sponge Cakes and Butter Cakes.

Sponge Cakes—In making a sponge cake we are dealing with few ingredients, which take careful manipulation. We use a wire whip or whisp to incorporate air depending upon the expansion of the moisture in the air to lighten the cake—and of course, in this case, the egg is the leavening agent. Egg whites can be beaten too dry—when fairly well beaten, its time to stop. Never rebeat egg whites, for we can never re-establish the beaten egg. If we know why we do things we have passed the experimental stage. The

Angle Food or Sponge Cake pan, should be moistened in cold water, shake out the drops of water. The expansion of the cold moist surface tends to push the cake from the sides of the pan and is helpful in removing the cake. Sponge cakes if baked too low in temperature are tough, if baked too high a temperature are too dry. Batter should raise in half of the baking time.

Butter Cakes—Care as to measurements, get everything ready and have ingredients as cold as possible, except the butter must be plyable but not heated. Any edible fat may be used in place of butter. Use fine granulated sugar. Separate eggs—do not beat whites until ready for use. Oil the pans and select suitable cake pans. In mixing butter cakes, cream butter, add gradually sugar, egg yolks (if used). Then coat the creamed butter and sugar with a little of the flour or dry ingredients—then proceed with milk and flour, whites flavoring, etc.

Different Standards

There are so many different standards that we must use our own judgment as to recipes, etc.

First—Select a good recipe and understand it.

Second—Measure accurately. Sift flour before measuring, then sift again.

Third—Have materials in prime conditions. We only get back what we put into cakes.

Fourth—Utensils. Select suitable mixing bowls, measuring cups, egg beaters and cake pans, which will aid in the making and baking of the cake. The 12 egg angel food pan and 9 inch layer cake pans, etc.

Fifth—Preparation. Have everything ready and put together within few minutes time.

Sixth—Temperature of Electric Oven.

Slow oven 250 to 325 degrees.

Moderate oven 325 degrees to 400 degrees.

Quick oven 400 degrees to 475 degrees.

Time—400 degrees cupcakes 12 to 15 minutes.

350 to 375 degrees layer cakes 25 to 30 minutes.

275 to 350 degrees sponge and loaf cakes 40 to 60 minutes.

Seventh—Remove cake from oven and turn upon a cake cooler to cool. Remove layer from pans and let sponge cakes stand in inverted pan.

The Hotpoint Electric Range is your best friend in Cake Baking and lucky is the woman who can bake cakes in a Hotpoint Oven.

Angel Food Cake

Whites of 11 eggs, ¼ teaspoon salt, 1½ cups of granulated sugar, 1 teaspoon cream tartar, 1 cup pastry flour, 1 teaspoon lemon extract.

Add salt to egg whites and when half beaten, sift in cream tartar; continue to beat and when stiff, spoon in the sugar; then add lemon extract and last fold in flour slowly (flour and sugar sifted separately 4 times). Moisten angel-food pan, with cold water, shake free from water and pour in the mixture.

The angel food cake is usually placed in the cold oven—upper unit "off," lower unit ~~"high"~~ medium, and raise thermometer to 350 degrees. The time of this will average 35 minutes, then "off" in fireless baking the remaining 20 to

1½ doz eggs absolute

See pg 629 - Joy of Cook - for custard sauce. Delicious.

25 minutes. Most Angel Food cakes bake 50 to 60 minutes. After you have baked this cake once you will know exactly what to depend upon. As so much depends upon your manipulation of the egg whites. If the heat should be unusually strong and the thermometer comes up faster than 350 degrees in 30 minutes, reduce to "medium", as the brown must not show until cake is raised. That will be when half done. Remove cake from oven when brown and dry around edges. Invert to cool.

Chocolate Angel Food

Follow recipe for Angel Food Cake. Sift with flour 4 tablespoons of Baker's Cocoa. Use vanilla as flavoring. Bake same as Angel Food. Use Boiled Fluffy frosting as suitable Icing.

Large White Sponge Cake

One and one-half cups sugar, ½ cup of cold water, 12 egg whites, 1 cup swansdown flour, 1½ teaspoon cream of tartar, 1 teaspoon almond extract.

Place sugar and water in sauce pan and place on heating unit "low" to dissolve. Let heat about 15 minutes, stirring now and then. Turn unit "high" bring to boiling point, remove spoon, and boil it to a "spin" 250 degrees. Whip egg whites, when stiff, not too dry, gradually add sugar syrup. Add slowly all the while and beating all the time—using a wire whip. Sift cream of tartar with flour. Sift about 4 times, gradually add to above mixture, folding continually. Last fold in extract.

Moisten Angel Food pan. Pour in batter. Preheat electric oven to 200 degrees. Place cake in oven. Upper unit "off". Lower unit "medium" and let heat increase to 350 degrees, which will be about 35 to 40 minutes, then "off" for 2o miutes or more until dry enough to remove from oven.

Sunshine Cake

Boil 1¼ cups sugar in ½ cup cold water until syrup spins a thread, see large white sponge cake. Separate 7 eggs. Pour the syrup over the beaten yolks, and beat until cool. Use dover beater for beating yolks and combining syrup. Beat whites, with a wire whip, when one-half beaten add 1 teaspoon cream of tartar. Continue to beat until stiff. Add alternately whites and 1 cup of pastry flour to the yellow mixture. One teaspoon lemon extract Bake in Angel Pan.

Preheat electric oven to 300 degrees. Turn upper unit "off". Lower unit to "medium". When temperature registers 350 degrees turn unit to "off". Bake about 45 minutes.

Plain Sponge Cake

Yolks of six eggs, one cup sugar, 1 cup flour, 1 tablespoon lemon juice, ½ grated lemon rind, whites six eggs.

Beat yolks, until thick, add sugar gradually, beating with dover beater. Add lemon juice and rind and let stand until sugar is disolved. Beat whites until stiff. Add one-half of the beaten whites, to the yellow mixture, carefully cut and fold in flour and then remainder of whites. Fold continually and at last, cut once each way, to be certain of a thoroughly blended mixture.

Preheat electric oven to 300 degrees. Upper unit "off". Lower heating unit "medium" and bake about 45 minutes. Turn unit to "off" when temperature reaches 350 degrees.

Velvet Layer Cake

One-half cup butter, 1⅓ cups sugar, 2½ cups flour, 4 teaspoons baking powder, ¼ teaspoon salt, yolks 3 eggs, ½ cup water, 1 teaspoon lemon extract and whites 3 eggs.

Cream butter; add sugar gradually, creaming constantly; add egg yolks and cream again. Sift together dry ingredients. Add alternately the dry ingredients and water to the first mixture; beat thoroughly, inducing as much air as possible. Add lemon extract and last fold in beaten whites. Turn mixture into 2 oiled layer pans.

Preheat oven to 350 degrees. Turn upper heating unit "off" and use lower unit "high" 15 minutes, then "off" 15 minutes. The temperature will be 375 degrees when cake is done.

White Layer Cake No. 1

Two thirds cup butter, 1½ cups finely granulated sugar, ⅔ cup milk, 2½ cups flour, 3 teaspoons baking powder, ½ teaspoon cream tartar, ¼ teaspoon salt, ½ teaspoon lemon and ½ teaspoon vanilla extract, and last whites of 6 eggs beaten sfiff.

Cream butter, add sugar gradually, alternate the milk with dry ingredients (sifted together), then extract and last, the egg whites, beaten stiff. Pour into 2 oiled layer pans.

Preheat electric oven to 350 degrees. Turn upper unit "off" place cake in oven, lower unit "high" 12 minutes and "off" 12 minutes. Oven will be 375 degrees when cake is done.

White Layer Cake No. 2

One and two thirds cups sugar, ⅔ cup butter, 1 cup milk, 3 cups flour, 3 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon orange extract, ½ teaspoon almond, 4 egg whites beaten stiff.

Sift dry ingredients four times. Cream butter and sugar, add flour and milk alternately, flavoring, and last fold in beaten whites.

Preheat electric oven to 325 degrees. Bake in two layers 25 or 30 minutes. Turn upper unit "off". Lower unit "medium". When temperature reaches 375 degrees turn to "off". However, cake will be finishing the baking time, when heat reaches 375 degrees. Bake 25 to 30 minutes.

Lady Baltimore Cake

Two-thirds cup butter, 2 cups sugar, 3½ cups pastry flour, few grains salt, 4 teaspoons baking powder, 1 cup milk, eight egg whites, 1 teaspoon almond extract.

Cream butter and sugar. Sift dry ingredients and dust over creamed butter and sugar, a few spoonfuls of the dry ingredients, follow with milk, alternately with dry ingredients, add extract and beat egg whites stiff, folding in gently. Bake in 3 layers or two large thick layers.

Preheat electric oven to 350 degrees. Turn upper unit "off" lower unit "medium". Bake about 30 minutes. See "Filling and Frosting."

Orange Layer Cake

Yolks 4 eggs, 7 tablespoons orange juice, grated rind of one orange, 1 tablespoon lemon juice, 1⅓ cup sugar. Four egg whites, 1¾ cup pastry flour, 3 teaspoon baking powder, ½ teaspoon salt.

Beat together first four ingredients until thick and light, add sugar gradually. Beat with dover egg beater. Combine dry ingredients, sift three times, fold into mixture the beaten whites, alternately with flour. Bake in two layers.

Preheat electric oven to 325 degrees. Turn upper unit "off" lower unit "medium." Bake about 30 minutes. See Orange filling and icing.

White Layer—Hickory Nut Cake

One-half cup shortening, 1½ cups sugar, ¾ cup milk, 4 egg whites, 2½ cups pastry flour, 3 teaspoons baking powder, ½ teaspoon salt, 1 teaspoon vanilla, 1 cup nut meats.

Follow recipe Velvet Layer Cake for making and baking.

Brown Stone or Devil's Food Cake

Cook to a custard in the double boiler, ⅜ cake of chocolate, 1 cup brown sugar, 2 egg yolks and ½ cup milk. Set aside to cool.

Cream ½ cup butter, add gradually one cup brown sugar, follow with 2 egg yolks well beaten. Sift together two cups flour, 1 teaspoon soda, ½ teaspoon baking powder. Add alternately with ½ cup milk, then the chocolate custard. Beat vigorously and last fold in beaten egg whites.

Preheat electric oven to 350 degrees. Turn upper unit "off" lower unit "medium" and increase temperature to 375 degrees then turn unit "off". The shrinkage of dark layers of cake is more than white layers. The increasing heat overcomes this and is very necessary. Bake in two layers about 30 minutes.

White Fruit Cake

Cream 1 pound each of sugar and butter; add 11 eggs, adding 1 at a time to the creamed butter and sugar; follow with ¼ cup orange juice, the juice and grated rind of 1 lemon, 4 cups pastry flour, 1 pound of washed currants, 1 pound of raisins (cut fine) ½ pound blanched almonds, ¾ pound of citron (cut fine) ½ teaspoon cream of tartar and ½ teaspoon of soda.

Put into a loaf tube pan, oiled and lined with paper. Preheat oven to 275 degrees. Turn upper unit "off," lower "medium" for 1 hour and "low" 1½ hours.

Chocolate Loaf Cake

Sift into mixing bowl 1½ cups flour, 3 teaspoons baking powder, 1 cup sugar, 1 teaspoon salt, ⅓ cup cocoa, ½ teaspoon cinnamon, ¼ teaspoon mace, ⅛ teaspoon cloves.

To the measuring cup add ⅓ cup of melted fat, drop in 2 egg yolks and fill the cup with milk. Beat thoroughly and add 1 teaspoon vanilla. Beat whites dry and stiff and fold into batter. Pour in to loaf cake pan.

Preheat electric oven to 300 degrees. Turn upper unit "off". Place cake in oven. Lower unit "medium" or until thoroughly baked and brown, about 1 hour.

Soft Gingerbread

One-fourth cup butter, ½ cup sugar, 1 egg, ½ cup sour milk, ½ cup molasses, 1¾ cups flour, 1 teaspoon soda, 1 teaspoon cinnemon, 2 teaspoons ginger, ¼ teaspoon salt. Cream butter, add sugar gradually, beat egg slightly and add. Sift dry ingredients and add small amount of flour to creamed mixture, blend well. Then alternate liquids with dry ingredients. Stir vigorously and when smooth, pour into oiled pan, suitable for gingerbread and place immediately in the oven.

Preheat electric oven to 350 degrees. Turn upper unit "off" lower unit "medium". Bake about 30 minutes.

Lemon Sauce for Gingerbread

One-half cup of sugar, 2 tablespoons cornstarch, 1 cup water or fruit juice. Cook double boiler until transparent, surface heating unit "low." Remove and add 2 tablespoons butter, 1 tablespoon lemon juice, 1 teaspoon grated rind, six marshmallows cut fine. Whip with dover beater until smooth.

Hard Gingerbread

One-fourth cup fat, ⅔ cup molasses, 1 teaspoon soda, ¼ teaspoon salt, 1 egg, 2 cups flour, 1 teaspoon ginger, 1 teaspoon cinnamon, ½ cup boiling water.

Cream fat; add molasses; dissolve soda in boiling water and add also beaten egg. Mix and sift dry ingredients and combine; beat thoroughly. Bake 30 to 40 minutes in shallow bread pan. Preheat electric oven to 350 degrees. Turn upper unit off. Place cake in oven and continue "high" 20 minutes, then "off" 10 to 15 minutes, or until done as desired.

Cheese Cake

One and one-half pound cottage cheese, 1 cup sugar, 4 eggs, ½ pint cream, few grains salt, ½ lemon (juice and rind) ¼ teaspoon vanilla, ¼ cup flour, 1 package sweiback (6 oz.) 1 cup sugar, 1 teaspoon cinnamon, ½ cup melted butter, ½ cup walnuts. Roll sweiback fine, mix with one cup sugar, cinnamon, chopped nuts and melted butter. Set aside one cup of this mixture to sprinkle over top. Butter well, a nine inch spring form, spread and press sweiback mixture on bottom and sides of for m.

Beat eggs, without separating, with sugar until light. Add salt, lemon and vanilla. Add cream gradually, then cheese and flour. Blend all together, strain and mash through fine sieve. Stir until uniform, pour in the form lined with sweiback, sprinkle remaining sweiback mixture over top. Preheat electric oven to 350 degrees. Bake at 350 degrees one hour. Upper unit "off", lower unit "medium" then "off." Let stand in oven, door open to cool —and when nearly cold remove from oven.

Plain Loaf Cake

Follow recipe for Hotpoint Tea Cakes. Pour batter into oiled loaf pan. Preheat electric oven to 300 degrees. Turn upper unit "off" lower unit "medium". Bake about 50 minutes and temperature will be 325 degrees during the last of the baking.

Marble Spice Cake

For the white part, cream ½ cup of butter and 1 cup of sugar, add alternately ½ cup milk and 2 cups flour, 2 teaspoons cream tartar, ½ teaspoon baking soda and whites of 3 eggs beaten dry and stiff. Fold in gently.

For the dark part, cream ¼ cup butter, ⅓ cup light brown sugar, add ¼ cup milk, ½ cup molasses, the beaten yolks of 3 eggs, 2 cups flour, 1 teaspoon cream tartar, ½ teaspoon soda, 1 teaspoon cinnamon, ⅔ teaspoon grated nutmeg, ½ teaspoon powdered all-spice.

Put the dough into a loaf cake pan, well oiled, and alternate spoonfuls so as to show the contesting color.

Preheat Electric Oven to 300 degrees. Turn upper unit "off" lower unit 'medium". Place cake in oven, continue "medium" 30 minutes, "low" 30 minutes.

Pound Cake

One cup butter, 1⅔ cups sugar, ½ teaspoon powdered mace, 5 eggs, 2 cups flour. Cream butter and sugar, add mace. Add eggs one at atime, unbeaten and beat thoroughly after adding each egg. Sift flour several times, add gradually and beat until smooth and fluffy.

Oil and dust with flour, a Pound Cake Pan. Turn in cake dough. Preheat Hotpoint electric oven to 300 degrees. Turn upper unit "off". Lower unit "medium" 20 minutes then "low" 30 to 40 minutes.

Date Tortė

One package of dates, cut fine, and pour over 1 cup boiling water and add 1 teaspoon soda. Cream together 1 cup sugar, 3 tablespoons butter. Add 2 eggs well beaten, 1⅓ cups flour combined with 1 teaspoon baking powder. Follow with one cup walnuts cut fine, ½ teaspoon vanilla. When dates are cool, add to mixture. Combine thoroughly. Turn into suitable pan, a square layer is the usual kind of pan.

Preheat electric oven to 275 degrees, turn upper unit "off" lower unit "medium". Bake about 45 minutes.

Prune Cake

Place in pan or skillet 3 tablespoons butter, melt, add ½ cup brown sugar, ½ cup English walnuts or pecans. Cover with 2 cups of prunes, which have been soaked in cold water, cooked, sweetened, seeded and cut in small pieces.

Open the above mixture add the following batter. Into the flour sifter add 1 cup flour, ½ cup sugar, 1 teaspoon baking poyder, few grains salt. Sift through. Gradually add ½ cup milk and 1 egg beaten lightly. Beat vigorously and add ½ teaspoon vanilla extract. Preheat electric oven to 375 degrees. Turn upper unit "off", lower unit "high" 15 minutes "off" 15 minutes.

Hotpoint Tea Cakes

Place flour sifter in mixing bowl and put into it 1½ cups flour, ⅔ cup sugar, 3 teaspoons baking powder and a pinch of salt. Sift into bowl. Into the measuring cup add ¼ cup felted fat; drop in 2 eggs and fill the cup with milk. Combine, beat thoroly and add 1 teaspoon of lemon extract. Drop into well oiled muffin pans and bake 15 minutes.

Preheat electric oven to 450°. Turn upper unit "off" and use lower unit "high" 10 minutes, "off" 5 minutes.

Doughnuts

Four cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon mace, 1 cup milk, ¼ cup butter; 1 cup sugar, 2 eggs, 1 teaspoon vanilla. Sift together dry ingredients, add sugar to beaten egg; then creamed butter, flour and milk alternately, and vanilla. This makes 3 to 4 dozen doughnuts.

Pre-heat deep fat on surface heating unit on "high." When hot, turn unit to "medium" and this control of heat will keep 5 to 6 doughnuts in continuous process of frying. Fat is hot when a bread crumb will brown in 60 seconds.

Cream Puffs

One-half cup butter, 1 cup boiling water, 1 cup flour, ⅛ teaspoon salt, 4 eggs.

Melt butter in boiling water. When again boiling, add flour and salt. Stir rapidly until mixture cleaves from the side of pan. Remove from heating unit, add eggs one at a time. Drop on oiled paper lined sheet.

Pre-heat electric oven to 350°. Turn upper unit "off," lower unit "high" about 20 minutes or until temperature reaches 400 degrees. Then "off" until puffs are dry. Bake 35 to 40 minutes.

To Whip Cream

Place ice and water in lower part of double boiler, and 1 pint of cream in upper part of boiler. Use Dover beater for whipping. Add 3 tablespoons powdered sugar and few drops vanilla when cream begins to thicken.

Butter Scotch Cookies

Two cups brown sugar, 3 cups flour, 1½ teaspoons cream tartar, 1½ teaspoons soda, ½ cup shortening, 2 eggs. Prepare brown sugar by sifting or sorting to remove all lumps. Sift together flour, cream tartar and soda, add sugar. Cut fat into mixture by the aid of two knives and when uniform slowly add the beaten eggs. Turn this mixture upon bread board and knead until smooth and pliable. Will seem impossible at first but continue your effort until mixture is moist and uniform. Mold into two loaves. Set on ice or cool place over night. Next day, cut in thin slices and arrange on an oiled cookie sheet.

Pre-heat electric oven to 400°. Turn upper unit "off," lower unit "high." Place cookies in oven and bake 4 or 5 minutes. This will be a snap cookie. Bake at 350 degrees about 10 minutes for the moist cookie.

Sugar Cookies

One-half cup butter, 1 cup sugar, 1 egg, ¼ cup milk, 2½ cups flour, 3 teaspoons baking powder, ¼ teaspoon nutmeg grated and ¼ teaspoon cinnamon.

Cream butter; beat in sugar and the egg; add alternately milk and dry ingredients—mix to a soft dough; toss on board. Use additional flour on the board; roll and cut into cookie rounds. Sprinkle with granulated sugar.

Pre-heat electric oven to 450°. Turn both upper and lower units to "medium." Bake cookies as fast as possible at this continuous heat control. Place about 4 inches above lower unit.

Cocoanut Kisses

Two egg whites, 1 cup powdered sugar, ½ cup walnut meats, ½ cup shredded cocoanut.

Beat egg whites stiff; add sugar, cocoanut and nut meats. Drop upon a buttered baking sheet.

Pre-heat oven to 300°. Turn upper unit "off," lower unit to "medium." Let dry and brown delicately. This makes 2 dozen kisses.

Pecan Cookies

Whites of 3 eggs beaten dry and stiff, 1½ cups light brown sugar, sifted, 3 tablespoons flour, ¾ pound shelled pecans.

Whip egg whites dry and stiff, fold and whip in the sugar, add gradually flour and nuts. Drop on a buttered baking sheet.

Pre-heat Hotpoint Electric oven to 350°. Turn upper unit "off," lower unit "medium." Bake 5 to 10 minutes depending upon size of cookies. Remove when dry and lightly browned.

Sponge Sticks

Whites 3 eggs, ⅓ cup powdered sugar, yolks 3 eggs, ⅓ cup flour, with ¼ teaspoon salt, 20 drops vanilla extract. Beat whites of eggs until dry and stiff, add sugar gradually then well beaten egg yolks then extract, gradually fold in flour. Put mixture into pastry bag. Upon baking sheet place unbuttered paper, shape sticks one inch wide and about 4 inches long. Sprinkle with powdered sugar.

Pre-heat electric oven to 350°. Turn upper unit "off" lower unit "medium." Bake about 8 minutes. Remove from oven and cut from paper.

English Vanilla Snaps

Two cups flour, 1 cup butter, ½ cup sugar, 2 teaspoons ginger, 1 cup cooking syrup, (Karo) 1 tablespoon vanilla.

Sift dry ingredients, add melted butter, cut in with a knife. Last add syrup and vanilla. Place on ice to cool and stiffen. With tablespoon (slightly rounded) drop dough on an oiled cookie sheet, pat out with a spatula or knock down with a measuring cup. Space generously between cookies so they will have room for the spreading.

Pre-heat electric oven to 400°. Turn upper unit "low." Lower unit "high." Bake to a straw color. Lift from sheet with a spatula and hang over rod or stick to dry and will have an attractive folded appearance.

Molasses Snaps

One-third cup butter, 1 cup sugar, 2 eggs, ½ cup milk, 3 cups pastry flour, 3 teaspoons baking powder, 2 teaspoons ginger, ½ teaspoon salt. Combine ingredients and chill before rolling. Roll about ¼ inch thick and cut small.

Pre-heat electric oven to 350°. Turn upper burner "low" and lower burner "high." Bake snaps continuously on this heat control, removing from oven when slightly brown.

Chocolate Cookies

One-half cup butter, 1 cup sugar, 1 egg, ½ cup milk, 2 cups flour, 2 teaspoons baking powder, 4 tablespoons cocoa. Cream butter and sugar, add egg lightly beaten, liquid and dry ingredients, alternately. Set on ice to chill. Drop on oiled cookie sheet.

Pre-heat electric oven to 375°. Turn upper unit "off," lower unit "medium" about 8 to 10 minutes.

Peanut Cookies

Four tablespoons butter, ½ cup sugar, 2 eggs, 2 teaspoons baking powder, 2 tablespoons lemon juice, ¼ teaspoon salt, 1¼ cup flour, 4 tablespoons milk, 1 cup finely chopped peanuts.

Cream butter and sugar, add beaten eggs, alternate dry ingredients and milk, lemon juice and peanuts. Save a few halves of peanuts and place one in center of each wafer. Put on ice to chill. Roll out, cut and place on oiled cookie sheet.

Pre-heat Hotpoint Electric Oven to 350°. Turn upper unit "off," lower unit "medium." Bake about 12 to 15 minutes. Brown very little.

Hermits

One and one-half cup brown sugar, ¾ cup butter, 3 eggs, ½ cup sour milk, 1 teaspoon soda, 3 cups flour, 1 teaspoon baking powder, 1 teaspoon allspice, 1 teaspoon cinnamon, 1 nutmeg grated, 1 cup raisins.

Combine mixture in order given. Pre-heat electric oven to 400°. Use upper unit "low" and lower unit "high." Drop teaspoons of dough on cookie sheet and bake about 5 to 6 minutes. Remove when delicately brown.

Date Kisses

Four egg whites, 2 cups granulated sugar, ½ pound almonds (shelled), ½ pound dates, 1 teaspoon vanilla.

Beat whites dry and stiff and gradually fold in sugar, shredded almonds and dates cut fine, vanilla. Bake on paper upon cookie sheet. Drop by tablespoonful.

Pre-heat electric oven to 350°. Turn upper unit "off," lower unit "medium." Bake 15 to 20 minutes. Remove from oven and when cold cut from paper.

Animal Cookies for Children

Cover animal cookies with White or Chocolate Quick Icing and place upright on crackers. Use for place cards. If a long wafer cracker is used more than one animal can be placed on the wafer.

FROSTINGS

Boiled Fluffy Frosting

Two cups sugar, ½ cup water, whites of 2 eggs, ½ teaspoon lemon extract, ¼ teaspoon cream tartar.

Put sugar, water and cream tartar in sauce pan and place upon surface heating unit on "low" to dissolve then "high," until boiling point is reached, then remove spoon and continue boiling on "high" until the "soft ball" stage is reached. Remove from unit and add gradually 6 tablespoons, to the stiffly beaten whites. Return remaining syrup to unit and boil until it spins a thread. Add slowly to the egg white mixture. Beat very little and when about cold, add flavoring. When slightly glazed, spread upon cake.

Marshmallow or Cocoanut Frosting

Use preceding recipe, adding 10 marshmallows after the second portion of syrup has been added to egg white mixture. If marshmallows are not fresh, heat slightly in oven, or use shredded cocoanut instead of marshmallows, finishing cake also in shredded cocoanut.

Marshmallow Frosting

Cut one-half pound marshmallows into small pieces, put in double boiler with ¼ cup hot water, stir melted and smooth. Have steaming hot water one inch in depth in lower part of boiler and surface heating unit "low."

Boil 1 cup sugar, and ⅓ cup hot water, on surface heating unit "medium" until syrup spins a thread. Beat one egg white, dry and stiff, gradually add syrup, beating gently all the while. Then slowly add marshmallow mixture, flavor, beat gently. When cool spread on cake.

Decorating Icing

Place sauce pan containing 2½ cups sugar, ¾ cups boiling water, on surface heating unit "low." Stir and let dissolve. Will require about 20 minutes. Wipe down sides of pan. When about to boil, add ⅛ teaspoon cream tartar and turn unit to "high" so that all this syrup will boil at once. Boil to 238° the first spin you can detect.

Beat until dry and stiff 5 egg whites, add slowly ½ cup sugar. When syrup is ready, add gradually first half, put back on unit to come again to boiling point and then add second half. Place bowl of icing over hot water to steam and harden egg whites. Flavor and set away for one hour. Cover with waxed paper. Use icing one hour old. Color etc., as wanted.

Filling and Frosting for Lady Baltimore Cake

Four cups sugar, ½ teaspoon cream tartar, 1 cup cold water. Place in sauce pan and place on unit "medium" to dissolve. When somewhat heated and liquified then turn unit to "high"—bring all at once to boiling point. Cook to soft ball state. Beat dry and stiff 4 egg whites and gradually add one cupful of syrup (16 tablespoons) to the beaten whites. Return remaining syrup to unit and cook until it spins a thread. Pour over egg mixture and beat continually while adding syrup. As frosting cools, get ready 1½ cups English walnuts and 1½ cups seeded raisins (break into suitable pieces). Flavor with 1 teaspoon vanilla. Use this as filling and icing for layers of cake.

Fudge Icing

Two cups sugar, 2 squares chocolate, ⅔ cup milk, 2 tablespoons butter, 1 teaspoon vanilla.

Place sugar, chocolate, milk and butter in sauce pan on surface unit on "high." Stir constantly, and when boiling point is reached reduce to "low." Continue boiling to the "soft ball" stage. Remove and let stand until stone cold, about 2 hours. Then add vanilla and beat until creamy. Spread upon cake as desired.

Caramel Frosting

Two and one-half cups light brown sugar, 2 egg whites, ½ cup boiling water, ½ cup nut meats, ½ teaspoon vanilla. Boil the sugar and water to the "hard ball" stage unit "high." Add slowly to the egg whites beaten dry and stiff. Place over boiling water in double boiler unit "low" and stir until frosting thickens add nut meats and spread upon the cake.

Orange or Pineapple Filling

Two tablespoons butter, 3 tablespoons cornstarch, grated rind of one orange, 1 cup orange juice, 1 cup sugar, ½ teaspoon salt, 2 teaspoons lemon juice. Cook in double boiler about 20 minutes after custard has thickened. Spread between layers. Substitute pineapple juice for variety.

Orange or Pineapple Frosting

One cup sugar, ⅓ cup hot water, 1 egg white, 1 egg yolk, 1 teaspoon orange flavor, a little grated orange rind.

Boil sugar and water until syrup spins a thread. Add gradually to the stiffly beaten white. When the first heat has left the mixture, add egg yolk slightly beaten and flavoring. When stiff spread on cake.

Quick Orange Icing

One and one-half cups powdered sugar, juice and pulp of one orange. If more powdered sugar is needed, add to proper consistency. Will depend upon the moisture of the sugar and size of orange.

Coffee Icing

One and one-half cups powdered sugar and about 3 tablespoons hot black strong coffee, ¼ teaspoon vanilla. Add hot coffee and beat to the consistency to spread.

Fig Filling

Cook ¼ pound of chopped figs ½ hour or until tender. In double boiler add ½ cup sugar, 2 tablespoons cornstarch, add ½ cup boiling water. Cook until smooth and thick. Stir frequently. Add the cooked figs, 2 teaspoons lemon juice and grated rind of ½ orange. When cool and thick spread between layers.

Cream Filling

Three-fourths cup sugar, 6 tablespoons flour, ¼ teaspoon salt, 2 eggs, 2 cups milk, ½ teaspoon almond or orange extract.

Combine sugar, flour and salt, in upper part of double boiler. Beat eggs and add slowly, scalded milk. Cook in double boiler on surface heating unit "low" 20 minutes after mixture thickens. When cool add flavoring.

Quick Chocolate Icing

One and one-half cups powdered sugar, two tablespoons cocoa, two tablespoons hot coffee, one-fourth teaspoon vanilla. Mix cocoa and sugar, add hot liquid, and beat until texture is suitable for icing the cake.

Mocha Frosting

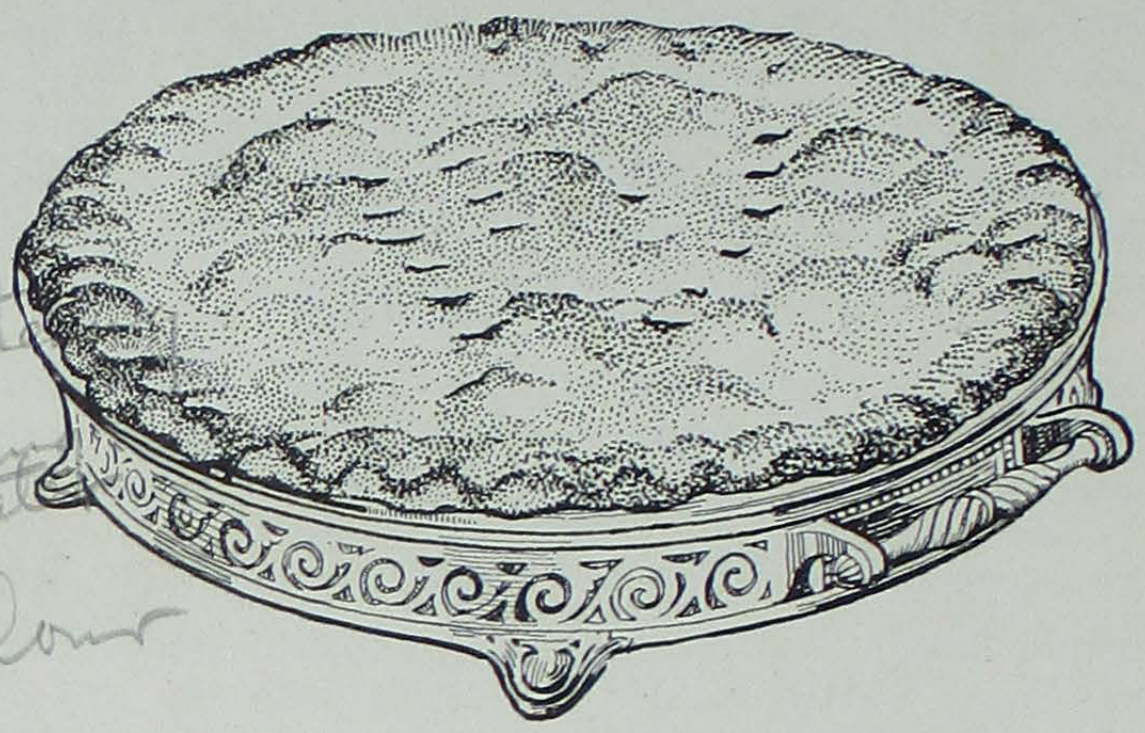
Beat ½ pound butter to a cream; add gradually and beat well 2½ cups of confectioner's sugar (sifted) and 3 to 4 tablespoons of strong black ocffee. Blend thoroughly and spread on cake.

Lemon or Orange Filling

Beat 1 egg; add 1 cup of sugar, 2 tablespoons butter, the grated rind and juice of 1 orange (or lemon); stir and cook on surface unit on "low" until the mixture is thick and smooth.

Cream Dressing for Sponge Cake

One cup whipping cream, 2 tablespoons granulated sugar, slice ½ cup Maraschino cherries and add also 2 tablespoons Maraschino juice, and season with cinnomon.



CHAPTER 10

Pastry

General Directions

Plain pastry is baked in the Electric Oven at 450 degrees, puff paste 450 to 500 degrees. The two-crust apple pie, for instance, requires about 30 minutes at 450 degrees reducing to 400 degrees. The pastry shell baked alone requires about 10 to 12 minutes at 450 degrees, and as in other baking, the latter half of the baking time, the heat control is "off" in stored heat baking.

Introduction

The making of pies seems to have always been considered a hard thing to do—and it is discouraging to have a poor crust or a soggy crust. I think we are safe in saying that pie making brings forth more disparaging remarks, than any other kind of baking.

Yet when we analyze the making and baking the process proves to be a comparatively simple one which brings almost faultless results.

A good recipe, ingredients cold, quickly put together and baked in the electric oven at proper temperature is Pie Making and Baking, under the most ideal conditions known to fuels of Cookery. The whole problem is solved by correct baking which is correct temperature, and uniform heat is a sure guarantee of results. The Electric Range certainly comes to the rescue and worry and trouble is avoided.

Pastry temperature is 450 degrees and a shell only may be baked as high as 500 degrees—ten minutes. Double crust pies with raw material 450°, 30 or 40 minutes. Single crust pies with soft custard mixture 450 degrees 15 minutes, reduce to 325 degrees for 25 minutes.

Hints in Making Pastry

All materials very cold. Flour on ice to chill, ice water, etc.

Shortening should not be cut too fine.

Place pastry on ice before rolling if possible. In summertime this is almost a necessity.

Add ice water uniformly.

Use light touch in rolling crusts and handle with spatulas.

Never stretch the dough to fit the pan—roll proper size and place loosely.

Lard and other fats make a soft crust, butter a crisp crust.

A Perfect Meringue

The oven temperature 300 degrees—not over 325 degrees at the finish. Bake 15 minutes for a 2 to 3 egg meringue. A meringue should be fluffy, light brown in tint or color, tender in texture and almost entirely free from moisture. A poor meringue is a waste of time, electricity and material. If lovely it is a dainty dessert and glorifies many a simple food.

1. Eggs should be fresh and cold—beat very dry and stiff.
2. Sufficient sugar, 1 tablespoon for each egg white, ¼ teaspoon vanilla for each 2 egg whites.
3. Correct temperature 300 to 325 degrees—15 minutes. Drop meringue on pie or pudding in an uneven, rough effect.

Rich Pie Paste

One and one-half cups flour, ½ teaspoon baking powder, ¼ teaspoon salt, 1 tablespoon fat, ¾ cup butter, ice water.

Sift dry ingredients together; cut in the lard. Moisten to a dough with ice water. Toss upon bread board, pat and roll to ¼ inch thickness. Dot over with the first ¼ cup of butter; cover lightly with flour; fold, roll and double again, then set away to chill (about 1 hour). Dot over with the second ¼ cup of butter; repeat as before, then the last ¼ cup butter. Shape as desired. Use for upper crusts, tarts, patt:e cases, etc.

In baking pastry shells only, preheat oven to 500 degrees. Turn upper unit "off" lower unit "high" until pastry is puffed, then "off" in stored heat to brown.

Plain Pie Paste (2 Crusts)

One and one-half cups flour, ½ teaspoon baking powder, ½ teaspoon salt, ⅓ to ½ cup fat, ice water.

Sift dry ingredients together; cut in lard with the aid of two knives and add sufficient ice water to make a soft paste. Toss on a floured board and stack into a compact ball, begin rolling; fold and continue rolling. When smooth in texture; divided into equal parts, roll and shape for crusts.

For baking pies and shells consult the following recipes for pies:

Hot Puff Paste

One-fourth cup butter, ½ cup broiling water, ⅔ cup flour, few grains salt, 2 eggs.

Melt butter in boiling water, pour in the flour, salt, and beat until smooth. Add unbeated eggs one at a time, beating thoroly each time. Cover and let stand to raise and mellow about 25 min.

For puffs, drop about 2½ inches apart upon buttered baking sheet. For other pastry as for apple roll, toss upon board, dust over with flour, knead lightly, and begin to pull into thin sheet, thin as paper. Dust over with apple slices and nut meats, spice, etc., roll like jeely roll.

Bake about 30 minutes in either case at 450 degrees. Upper unit "off," lower unit "medium" most of the time.

Apple Pie

Line a pie pan with plain paste and heap high with layers of thinly sliced apples. Dredge with sugar and dot over with butter, a few drops of lemon juice and sprinkle with nutmeg. Brush the edge of the paste with cold water, place upper crust, perforate with a fork, trim the edge and flute. Brush top of pie with cold water. Preheat oven to 450°. Turn upper unit "off". Place pie in oven. Use lower unit "high" 20 minutes and "off" 30 minutes.

Pumpkin Pie

One and one-half cups cooked and sifted pumpkin, 1½ cups milk, 2 eggs, 2/3 cup sugar, ~~2 tablespoons~~ brown sugar ~~or Karo~~, ½ teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon ginger. Combine and turn into deep pie pan lined with plain paste and fluted edge.

Preheat electric oven to 450°. Upper unit "off" lower unit "high" 15 minutes and "off" 30 minutes. Be sure custard is firm before removing from the oven.

Pumpkin Pie

Beat 3 eggs lightly, add ½ teaspoon salt, 2/3 cup sugar and beat again. Then gradually add 2 cups milk, ½ cup cooked pumpkin, 1 teaspoon cinnamon. Add filling to crust.

Preheat electric oven to 450°. Turn upper unit "off" lower unit "high" for 12 minutes, then "off" or turn unit to "low" and place in oven a casserole of food, fruit or vegetables, etc., and lower temperature to 325° as soon as possible. Bake about 25 minutes longer.

Rhubarb Pie

Wash, peel an dcut rhubarb in ½ inch pieces; there should be about 3 cups. Add 1 cup of sugar, 3 tablespoons of flour and 1 egg, lightly beaten. Combine well and prepare crusts as for apple pie.

Preheat oven to 450°. Turn upper unit "off." Place pie in oven. Use lower unit "high" 15 minutes and "off" 20 minutes.

Chess Pie

Yolks 9 eggs, 2½ cups sugar, 1 cup butter, ½ nutmeg grated, ⅔ cup milk, ½ teaspoon vanilla.

Cream butter and sugar and add gradually yolks of eggs—follow with milk, nutmeg and vanilla. Place mixture in unbaked pie shell.

Preheat electric oven to 450°. Turn upper unit "off" lower unit "high" 15 minutes then "off" 20 minutes.

Cocoanut Custard Pie

Beat 3 eggs slightly, add ½ teaspoon salt, ⅔ cup sugar, and beat again, then gradually add 2 cups milk. Use as filling.

Add to crust in pan, 2 tablespoons of shredded cocoanut. Pour in filling. Place in Electric oven at 450°. Upper unit "off," lower unit "high" 10 minutes, then "off" 20 to 25 minutes.

Cherry Pie

Line a pie pan with pastry; put in as many stoned cherries as the pastry will hold nicely; add juice, ¾ cup of sugar and 2 tablespoons flour. Dot over with 2 teaspoons butter. Brush edge of pastry with cold water and add the upper crust. Press the edges close together and scallop edge.

Preheat oven to 450°. Turn upper unit "off." Put pie in the oven and use lower unit "high" 10 minutes and "off" 20 minutes.

Butter Scotch Baskets

Make small baskets by baking pie crust over small inverted individual muffin pans. Make handles by twisting two narrow strips of pastry and baking around ½ pound baking powder cans. Fill baskets with butter scotch custards.

To bake pastry baskets—preheat oven to 450°. Turn upper unit "off" and lower unit "high." Bake until delicately browned. Turn lower unit "off" and later use retained heat for the meringue.

Use double boiler for the butter scotch custard. Cream 4 tablespoons butter in upper part, add gradually 6 tablespoons flour, then add ¾ cup of brown sugar, mixed with the yolks of 3 eggs slightly beaten and ½ teaspoon salt. Scald 2 cups milk, add 2 tablespoons of thick caramel syrup (see caramelized sugar in Puddings), and add gradually to egg mixture. Place on surface heating unit on "low" and stir constantly until mixture thickens. Place over the lower part of double boiler and afterwards occasionally for 20 minutes. Fill baskets and cover with meringue made of the three whites of eggs beaten very stiff. Add 3 tablespoons powdered sugar and ½ teaspoon vanilla. Set in Electric Oven and let remain 10 to 15 minutes using the stored heat. Remove when sufficiently brown.

Lemon Meringue Pie

Cook to a jelly on surface heating unit "low" yolks 4 eggs, 4 tablespoons lemon juice, ½ cup sugar. When thick and consistency of jelly remove and cool.

Beat the 4 egg whites very dry and stiff, fold into whites ¼ cup sugar, and very slowly and gently add spoonful at a time the lemon jelly. Pour the meringue into the baked shell and place in the electric oven at 325°. In about 15 minutes meringue will be delicately browned. Always a long slow heat for egg white mixtures.

Standard Filling for Pies

One-third cup cornstarch, 1½ cups water or milk, 1 cup sugar and 3 eggs. In double boiler, boil cornstarch, water and sugar until clear, then add egg yolks. Surface heating unit "high" in starting, then "low."

Lemon and Orange Pie—juice of 2 lemons and rind of 1 lemon.

Pineapple Custard Pie—⅔ cup grated pineapple.

Cocoanut Custard Pie—½ cup cocoanut to custard.

Chocolate Cream Pie—2 to 3 squares of chocolate, melted in custard.

Egg Whites saved for Meringue.

Martha Washington Pie

Beat ⅓ cup butter and 1 cup sugar, add 2 eggs, ½ cup milk and 1½ cups pastry flour, 3 teaspoons of baking powder, few grains salt, ½ teaspoon vanilla. Bake in 2 layers or in one layer and cut in half.

Preheat oven to 400°. Upper unit "off," lower unit "high" 10 minutes and "off" 10 minutes. Serve with Cream Filling.

Cream Filling

Scald 1 cup milk, make paste of ⅓ cup flour and ⅓ cup cold milk. Add to scalded milk. Let cook about 20 minutes on "low" surface heating unit in double boiler. Beat one egg, add ⅓ cup sugar, ¼ teaspoon salt. Add to milk and cook until thick. When cold add a few drops vanilla and stack between the layers of cake. Cover with confectioner's sugar or frosting, if desired.

Apple Dumplings with Whip Cream

One and one-half cups pastry flour, ½ teaspoon salt, ⅓ cup fat, ½ teaspoon baking powder, ice water, apples, seasonings.

Combine and sift together flour, salt and baking powder. Cut in fat by the aid of two knives, and add enough ice water to make a soft dough. Turn upon bread board lightly floured, roll and fold three times, cut into six pieces. Put each piece into ball or circle, roll thin; fill with thinly sliced apples, sprinkle with sugar, cinnamon and dot with butter, shape into dumpling and place in baking pan.

Preheat oven to 450°. Turn upper unit "off." Place dumplings in oven. Bake 30 minutes using lower unit "high" 15 minutes and "off" 15 minutes.

Timbales

Three-fourths cup bread flour, ½ teaspoon salt and 1 teaspoonful of sugar. Beat egg slightly and add ½ cupful of milk, and 1 tablespoon mleted butter or oil. Combine with dry ingredients, incorporating as little air as possible. Let stand a few minutes to let air bubbles escape or remove bubbles with a spoon.

Place vegetable fat about 1½ pounds in pan and turn surface heating unit "high." When a bread crumb will brown a golden brown in about 60 to 70 seconds, place the timbale iron in the hot fat and allow iron to heat. Will possibly require about 3 to 4 minutes. Immerse iron in batter and then in hot fat. When brown remove from fat and slip off the iron on a brown paper.

Shortcakes

It seems that shortcake is synonymous with strawberries, and we know Spring is here with the favorite dessert. Strawberry shortcake. The biscuit dough is called the "old fashioned" shortcake while others are made from foundation of plain white cake. Large or small cakes may be baked, serve whipped cream, or fruit sauces, for garnishings. Raspberries, peaches, apricots, pineapple and oranges make good shortcake and give variety.

Strawberry Shortcake

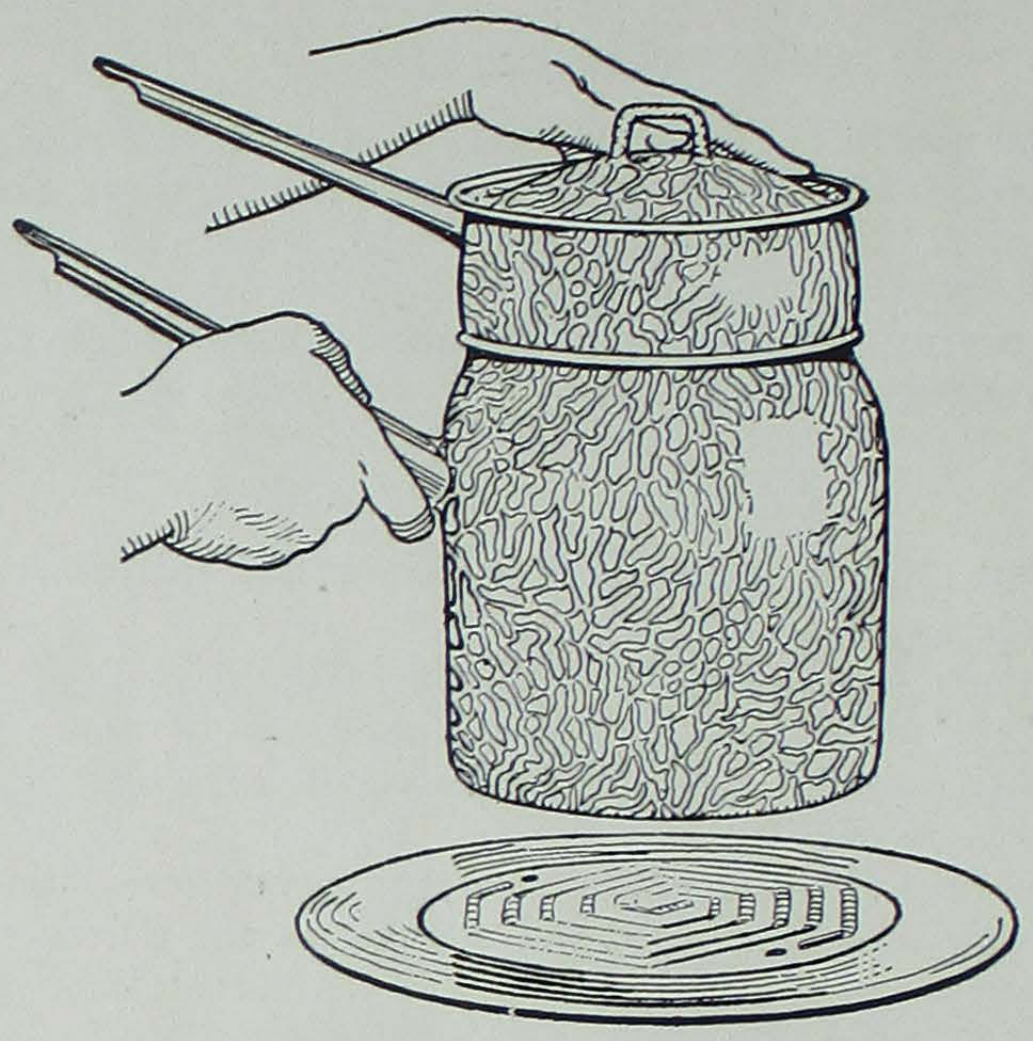
Two cups flour, ½ cup sugar, ½ teaspoon salt, 3 teaspoons baking powder, ⅓ cup butter, ⅔ cup milk, 1 egg.

Mix and sift dry ingredients three times. Cut in the fat. Beat egg light and smooth and add milk; pour slowly into the flour mixture; toss upon bread board, knead lightly; roll to ½ inch thickness and cut with large biscuit cutter. This makes 6 to 8 cakes.

Preheat oven to 450°. Turn upper unit "off," lower unit to "high" 10 minutes, then "off" until sufficienly brown. Break the pastry thru the center; spread with strawberries crushed and sliced. Add berries to the top pieces; use sugar as needed. Garnish with whipped cream.

Cheese Straws

Add ½ to 1 cup grated American cheese to plain pie paste. Add cheese to dry ingredients. When paste is ready as for pie crusts, cut in small strips or sticks. Bake at 450° until crisp and lightly browned.



CHAPTER 11

Puddings

General Directions

The use of eggs and milk in Puddings, requires a low temperature, either on surface heating unit or in the electric oven. Egg and milk mixtures must be protected from high temperatures—the surface unit on "low" and oven temperature 300° or less.

We usually think of a Pudding as a simple dessert, sweet and yet selected with sufficient care to be enjoyed—and adequate variety. The pudding or dessert, should be a part of the planned meal and not an addition to the meal.

Simple Custard

Possibly custards are among the first puddings we think of.

The double boiler on the surface unit is almost indispensable in the making of boiled custards. A general proportion for a simple custard is:

1 cup milk, 1 egg, 2 tablespoons sugar, few grains salt, ¼ teaspoon valilla.

Two whites or two yolks may be substituted for the one egg. Scald milk in the double boiler. Break up the egg yolk and white with a fork, beat very little, hardly at all as the thickening agent will be destroyed if the egg is beaten, add sugar and salt, and gradually the milk. A low temperature is necessary in making custards to prevent curdling. Stir the custard constantly until mixture will coat the spoon. Remove from hot water at once. If curdling appears whip smooth with a dover egg beater.

Whether milk is hot or cold makes very little difference, however, a difference in time of cooking.

How to Caramelize Sugar

One cup granulated sugar, ¾ cup boiling water. Melt sugar on surface unit "medium" until it becomes brown and uniform. Add boiling water and let dissolve on "low."

Caramel Custard

On surface unit "medium" melt ½ cup sugar; to caramel add ¼ cup water and let stand on unit "off" to dissolve and reduce. Beat 4 eggs, 3 tablespoons sugar, ½ teaspoon salt and 2 cups milk. When caramel syrup is nearly cold, add egg and milk mixture. Steam in small molds on several folds of paper and in a pan with small quantity of boiling water surrounding the molds. Start steaming on "high" and reduce to "low." Use medium-sized surface unit and do not cover pan.

Caramel Custard

One quart milk, 5 eggs, ⅔ cup sugar, ½ teaspoon salt, caramel. Break and cut eggs with fork, add milk, sugar and salt. Beat slightly. Strain, pour very carefully and slowly on spoon into cups or mold containing 1½ tablespoon caramel syrup in bottom of cup.

Preheat electric oven 325°. Set molds in oven. Upper unit "off." Lower unit "medium." Turn to "off" for last few minutes. When molds are firm remove from Oven. Test by putting a knife into the custard and if it comes out clean, custard is done.

Coffee Custard

Replace ½ cup of the milk with ½ cup black coffee. Follow directions for plain custard making.

Cornstarch Pudding

One pint milk, 2 heaping tablespoons cornstarch, 3 tablespoons sugar, white 3 eggs, ½ teaspoon vanilla.

Dissolve cornstarch in little cold milk, add sugar to rest of milk and place on unit "low" in double boiler. When milk is scalded add cornstarch. Stir constantly few minutes and cook 20 minutes. Beat egg whites. Add to custard, continue one minute. Remove.

Turn ⅓ of mixture into pan, add 1½ square Baker's chocolate melted, 2 tablespoons sugar, ½ cup raisins. Let cook one minute to set chocolate.

In mold add half of the remaining white, then the layer of chocolate, then last of white mixture. When cold, unmold and serve with sugar and cream—or a pudding sauce.

Cocoanut Pudding

Turn surface unit on "high." When thoroughly heated, reduce to "low." Scald 2 cups milk, ⅓ cup sugar, ¼ teaspoon salt. When quite hot, add the yolks of 4 eggs. In 2 minutes remove. Beat the 4 whites very stiff. When custard is nearly cold, fold into whites ½ teaspoon vanilla and sprinkle thru the custard about 4 tablespoons of shredded cocoanut.

(Fine Double.)

Chocolate Cornstarch Blanc Mange

1 qt milk
½ c cornstarch

One pint of milk, scalded, 3 tablespoons cornstarch, 4 tablespoons sugar, 1 square chocolate, ½ teaspoon vanilla, ⅛ teaspoon salt. Remove from the pint of cold milk 3 or 4 tablespoons to dissolve sugar and cornstarch. Scald in upper part of double boiler, the remainder of the pint on surface heating unit "low," also chocolate. One inch boiling water in lower part of double boiler. Add cornstarch and sugar to scalded milk and stir constantly until mixture thickens and occasionally afterwards. Cook 25 minutes. Add salt and flavoring. Mold and chill. Serve with custard sauce.

Chocolate Cornstarch Pudding

Scald 2 cups of milk in double boiler. Stir 4 level tablespoons of cornstarch, and ½ a teaspoon of salt with ⅓ cup cold milk. When smooth, pour into hot milk and stir constantly until the milk thickens. Cover and let cook 20 minutes on "low." Beat 1 egg, add 6 tablespoons sugar, stir into hot mixture, then add 1 square of melted chocolate. Cover and let cook 5 minutes. Serve hot or cold with sugar and cream.

Charlotte Russe

Line the bottom and sides of a bowl or mold with lady fingers or macaroons. Moisten two tablespoons of gelatine in ½ cup cold milk and dissolve in 1¼ cup scalded milk, add ⅔ cup sugar, and stir until dissolved. Follow with 1 teaspoon of vanilla and ¼ cup orange juice. Set in ice box and stir every few minutes until mixture begins to thicken, then fold into 2 cups of whipped cream. When mixture thickens again, pour into mold.

Snow Pudding

Two tablespoons powdered gelatine (1 package), 2 tablespoons cold water, 1 cup boiling water, 1 cup sugar, ¼ cup lemon juice, whites 3 eggs. Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice. Stir until mixture thickens. Beat whites stiff and fold in the gelatine. Beat until thick enough to stack. Color one part pink and arrange in layers in mold and chill. Serve with whipped cream or a custard.

Prune Sponge

Dissolve 2 tablespoons gelatine in 1 cup boiling water. Add 1½ cups strained prune juice, sweeten to taste. When beginning to harden, whip with an egg beater until light; fold in 1 cup of whipped cream. Pour into a wet mold to set. When ready to serve turn upon a chop plate, garnish with whipped cream, whole prunes stuffed with nuts and a few red cherries to add color.

Jellied Grape Juice

Two teaspoons granulated gelatine, ¼ cup cold water, 1 cup sugar, ½ cup orange juice, 1 cup grape juice, ½ cup hot water. Soak gelatine in cold water 15 minutes. Bring fruit juice and hot water to the boiling point and add sugar. Pour over gelatine. When dissolved pour into molds.

Orange Charlotte

One and one-half tablespoon granulated gelatine, dissolve in ½ cup cold water, ⅓ cup boiling water, 1 cup sugar, 4 tablespoons lemon juice, 1 cup orange juice and pulp. Whites 3 eggs. Whip from 1½ cups cream.

Soak gelatine in cold water, dissolve in boiling water, strain, add sugar and fruit juices. Set on ice to chill and harden. When hard or thick whip with a wire beater until frothy. Add beaten whites, fold in the whipped cream. Turn in mold to harden and chill again. Unmold and garnish with sections of orange and something in green leaves.

Date Whip

Stone and chop dates to the amount of 1 cup. Place dates in a sauce pan, add ½ cup boiling water, 2 teaspoons lemon juice, and cook until tender. Beat 4 egg whites dry and stiff; fold in ⅓ cup sugar, ½ teaspoon salt and fold in the date mixture slowly. Arrange in a buttered baking dish.

Preheat electric oven to 325°. Turn upper unit "off" lower unit "medium" 20 minutes, "off" 10; 30 minutes is the required time of baking. Serve with whipped cream.

Apple Tapioca Pudding

Three-fourths cup "minute tapioca," ½ cup cold water, 2½ cups boiling water, 4 apples, ½ cup sugar, ¼ teaspoon salt, few drops lemon juice.

Soak tapioca in cold water, drain, add boiling water and salt; bring to the boiling point. Peel apples, cut in quarters, place in a baking dish, cover with sugar, add seasonings and pour over the apples the tapioca.

Pre-heat electric oven to 300°. Turn upper unit "off" lower unit "medium," and bake until apples are tender, about 40 minutes. The unit may be turned to "off" the last 15 minutes.

Apple Surprise

On surface heating unit "high," bring to boiling point ⅔ cup sugar, ⅔ cup water and juice of 1 lemon. When boiling, add six apples, remove good core space and peel. Cover pan tightly. When syrup is again boiling turn unit to "low." Baste with syrup while steaming and turn once. When tender remove to cool.

Mash 2 bananas and ½ cup grated pineapple. Fill core of apple with mixture. Cover apple completely with whip cream, garnish with powdered sugar and cherries. Serve with Sponge Cake.

Porcupine Apples

Peel 4 apples, but do not remove cores. Add to sauce pan ½ cup sugar and ½ cup water. Let come to boiling point on surface unit on "high"; place apples in syrup, cover and when pan is full of steam, reduce to "low." When apples are tender, remove to compote glasses or sauce dishes; tint one side of the apple with red fruit coloring. Continue boiling the syrup until thick and jelly, then pour over the apples, glazing well. Place 3 or 4 blanched almonds into upper part of apple and a bit of parsley on top to represent apple leaves.

Plum Pudding

One-half pound of beef suet, 1 pound seeded raisins, ¼ pound citron, 3 tablespoons brown sugar, 2 cups flour, ½ grated nutmeg, 1 teaspoon mace, 1 teaspoon cinnamon, 2 tablespoons cream, 3 eggs, ½ cup orange juice.

Chop suet fine, also citron, fruit and spice; add flour and toss together; beat egg yolks and add cream; beat and add orange juice and last the egg whites, beaten stiff.

Put in a buttered pan and cover. Preheat oven to 275° and maintain 275° for 3 hours. This is equivalent to the steaming process. The lower oven unit "medium" for possibly 30 minutes, then "low" will probably maintain 275°.

Ambrosia

Cream together ¾ cup sugar and 3 egg yolks. Beat the 3 whites partly stiff. Add 1 teaspoon baking powder and beat again until stiff. Add first mixture to beaten whites, fold gently. Then fold in 1 cup dates, chopped fine and 1 cup nuts broken in small pieces. Last fold in 1 cup cracker crumbs. Preheat electric oven to 325°. Maintain 325 to 350° about 35 to 40 minutes. When brown and sufficiently dry remove from oven. Serve when cold with whip cream and garnish with cherries or other fruit.

Peach Cobbler

Slice cling stone peaches which are fairly ripe. Set aside for at least 1 hour and cover with sugar to taste. Select an oblong pan. Make paste out of 1½ cups flour, ½ teaspoon baking powder, ½ cup shortening, ½ teaspoon salt, milk to make paste (about 4 to 6 tablespoons).

Make as Pie Paste. Roll out dough thin and about as wide as long. Add the peach slices to dough. Scatter evenly and roll up like jelly roll. Add part of the juice of the fruit about dough when placed in pan.

Preheat electric oven to 450°. Turn upper unit "off" lower unit "high" 15 minutes, "off" 20 to 30 minutes. Substitute apples, blackberries, raspberries.

Blackberry Pudding

Add to sauce pan 1 pint of canned blackberries, sweeten to taste. Place on surface heating unit "high" then "low" when boiling point is reached.

Into this hot berry juice drop the following batter. One cup flour, 2 teaspoons baking powder, ½ teaspoon salt, 1 teaspoon fat, ⅓ cup milk. Make as for Biscuit dough. Drop by tablespoons into hot juice. Cover tightly and cook or steam 15 to 20 minutes, as dumplings. Serve with sugar and cream.

SAUCES

Hard Sauce

Beat half a cup of butter to a cream; gradually beat into the butter, 1 cup sugar, add flavoring of jam, rose or almond.

Lemon or Orange Sauce

Sift together 1 cup sugar, 1 tablespoon cornstarch, few grains salt, add slowly 1 cup boiling water. Beat constantly. Boil 5 minutes on "low" remove from unit, add 2 tablespoons butter, 2 tablespoons lemon juice or orange juice, a little grated rind, strain and add a little nutmeg if desired.

Chocolate Sauce

One cup sugar, ½ cup milk, 1 square chocolate, 1 tablespoon butter. Dissolve and stir on surface heating unit "low." When boiling point is reached turn unit to "high." Boil 2 or 3 minutes. Remove and cool. This will be a medium thick sauce.

Custard Sauce

Yolks 3 eggs, ½ cup sugar, ¼ teaspoon salt, 2 cups hot milk, ½ teaspoon vanilla. Make a soft custard. Chill and beat smooth. Serve with puddings when cold.

FROZEN DESSERTS

Vanilla Ice Cream

Two cups scalded milk, 1 tablespoon flour and 1 cup sugar, 1 egg, ¼ teaspoon salt, 1 quart thin cream, 3 teaspoons vanilla or to taste. Combine flour, sugar, salt and egg slightly beaten and gradually add milk. Follow directions for Simple Custard. Cool and add cream and vanilla. Strain. Place in freezer, add ice, salt, etc. Use eight parts ice to 1 part salt, in freezing.

Pineapple Mousse

Bring to the boiling point ¾ cup sugar and ½ cup pineapple juice. Follow directions for Maple Parfait. Fold into beaten whites of 3 eggs and add ½ cup grated pineapple, egg yolks, one pint of cream whipped. In mold add rings or half rings of pineapple, cherries, etc. Pour on cream mixture. Pack in ice 3 hours. Unmold and garnish with whipped cream and cherries.

Peppermint Candy Ice Cream

Dissolve 1 pound of peppermint stick candy in 1 quart of milk. Scald milk and let stand until candy is dissolved. Then add 1 quart thin cream. Cool and freeze.

Pistachio Ice Cream

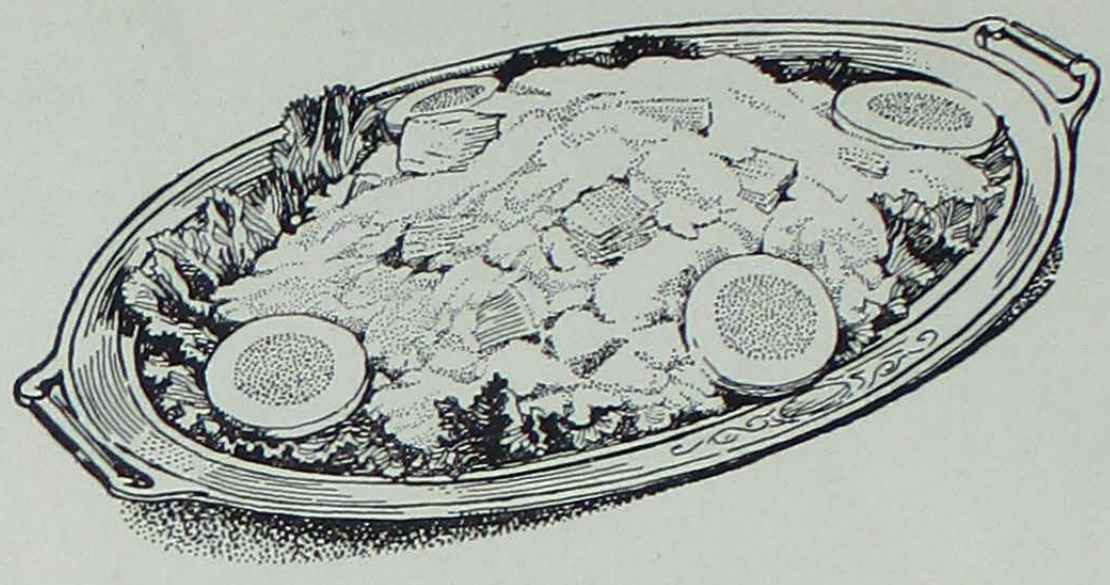
Use recipe for Vanilla Ice Cream and color a pretty green with green leaf coloring. Flavoring 1 tablespoon vanilla and 1 teaspoon almond extract and if nuts are desired ½ cup chopped Pistachio nuts.

Apricot Ice

Make syrup of 2 cups sugar and 1 quart water. When cool add 2 cups juice and pulp of apricots and ¼ cup lemon juice. Combine cool and freeze.

Maple Parfait

One-half cup of maple syrup and ¼ cup water. Bring to boiling point and when cool add gradually to the beaten whites of three eggs. Slowly fold in the beaten yolks, ¼ teaspoon salt. Whip 1 pint cream and fold into mixture. Add ½ cup of chopped nuts, or cherries, or macaroons crumbs ,etc. Pack in mold or brick and pack in ice. Let stand three hours.



CHAPTER 12

Salads

Salads are such an acceptable part of our menus today. They are so crisp and cold and delicious. The variety is far and wide, simple, elaborate, various kinds of dressings and in the spring almost every green herb to lend flavor or variety of salad bed.

The first thing in planning a salad is to decide its place in the meal. Main course, salad course or dessert course. Then the salad bed, the body of the salad, the dressing, etc. We are going to list some suggestions along this line.

Variety of Salad Bed: Lettuce, Romaine, Watercress, Cabbage, Endive.

Variety of Body of Salad: Fish, Meats, Poultry, Fruits, Vegetables, Gelatine, Combinations of two or more.

Variety of Dressings: Cooked Dressings, French Dressings, Mayonnaise Dressings.

Variety of Garnishings: Cheese, Pickles, Olives, Radishes, Eggs, Tomatoes, Cherries, Nuts, Paprika.

Accompaniment: Rolls, Toast, Crackers, Sandwiches, Muffins, Biscuits, Cheese Sticks.

The food value of salads is largely from the salad bed and dressings.

The artistic triumph is the making of a perfect salad. To accomplish this a few general rules must be followed:

1. The vegetables must be crisp and well dried.
2. All meats and fish diced and not put through food chopper.
3. The correct dressing for the salad.
4. Chill the ingredients and salad plates.
5. Combine just before serving.
6. Garnish and arrange artistically.

French Dressing

Put into a bowl a piece of ice, ½ teaspoon of salt and ¼ teaspoon pepper, a bit of grated onion or onion juice. Add, alternating drop by drop, 6 tablespoons of olive oil and 2 tablespoons of lemon juice or vinegar. When dressing is thick, remove the ice. Beat constantly and dress salads.

Roquefort Cheese Salad Dressing

One-fourth cup Roquefort cheese, 4 tablespoons olive oil, 2 tablespoons vinegar, ¼ teaspoon salt and paprika.

Beat the cheese to a cream with wooden spoon and gradually add the oil, vinegar and seasonings. Thick cream may be used to replace part of the oil. Serve upon lettuce, endive or sliced tomatoes.

Boiled Salad Dressing

One tablespoon butter, 2 tablespoons flour, 1 cup of water, ½ cup vinegar, 2 egg yolks, ½ teaspoon salt, 2 tablespoons sugar, 1 teaspoon mustard, ⅛ teaspoon pepper.

Melt butter, add flour and other ingredients and bring to the boiling point. Start unit on "high" and reduce to "low." When dressing is thick, remove. If a fluffy dressing is wanted, beat the 2 egg whites and fold in the boiled dressing and beat to a smooth consistency.

Cream Dressing

One teaspoon mustard, 1 teaspoon salt, few grains cayenne, 2 teaspoons sugar, 2 whole eggs, ½ cup hot vinegar, 1 cup thin cream, 2 tablespoons olive oil.

Mix dry ingredients, add the egg, hot vinegar and cream. Put in double boiler and stir constantly until thick. Add oil just before removing from unit. Unit "high" in starting the double boiler, then "low."

Mayonnaise Dressing No. 1

Pack a bowl in which the dressing is to be made in a larger bowl or pan filled with cracked ice. Add to the smaller bowl yolks of 2 eggs, ½ teaspoon salt and a dash of cayenne. Mix well. The measure of oil to be used is 1 cup olive oil and 2 tablespoons vinegar or lemon juice. Add first 1 teaspoon of lemon juice and, drop by drop, 2 tablespoons of oil, stirring constantly. As the mixture thickens, add alternately teaspoon of oil and lemon juice until all measures are used. If oil is added too fast the mixture will curdle. Adding another yolk will restore a smooth consistency. Mayonnaise dressing should be thick enough to keep its shape. Keep very cold and add to salad just before serving.

Mayonnaise Dressing No. 2

A double boiler of the three pint size is most convenient in making this mayonnaise. Place ice and water in lower part and insert upper part. Drop in ½ teaspoonful of mustard, ½ teaspoonful salt, few grains of cayenne, one whole egg. Beat with Dover beater. Gradually add 2 cups of olive oil, very slow at first but more rapidly later on. At finish add 2 tablespoons lemon juice. To thin the dressing when serving add cream.

Thousand Island Salad Dressing

One cup of mayonnaise dressing, 2 teaspoons pimentos (chopped fine), 1 teaspoon green pepper (chopped fine), 1 teaspoon vinegar, ½ teaspoon paprika, ½ teaspoon salt, ½ cup olive oil, ½ cup chili sauce or catsup.

Prepare mayonnaise as usual (see recipe) and into the mayonnaise beat the ½ cup of oil, then add chili sauce and other seasonings. Combine thoroughly and keep in a cold place until ready for use. If chili sauce is not thick, do not use it but substitute chopped pimentos.

Pimento Cream Dressing

One cup of mayonnaise prepared as usual(see recipe of mayonnaise). Whip stiff 1 cup of double cream, fold into cream the cup of mayonnaise, and add two tablespoons of pimento puree. This is for your prettiest salads—light and delicate in texture, and for topping. Force pimento through sieve to obtain pimento puree. Add a dash of paprika to dressing.

Fruit Jelly Dressing

Whip 1 cup of thick cream and fold into it ½ glass of current or grape jelly and gradually add 1 tablespoonful lemon juice. Use to top fruit salads.

Salmon and Green Pea Salad

Arrange the flakes of a can of pink salmon on a platter or chop plate. Garnish with lettuce and parsley. Add the cold peas on top and a sprinkle of lemon juice, salt and paprika. Serve with boiled salad dressing.

Fruit Ring Salad

Prepare a firm, plain gelatine and, when cold, add fruits to taste—pineapple, peaches, grapes, orange or banana, nuts. Mould in a ring. Serve with lettuce and mayonnaise and top with a cherry.

Fruit Salad

Twenty-four marshmallows, 1 can sliced pineapple, 2 large apples, 4 oranges. Cut fruit and marshmallows into dice and chill.

Serve with Pimento Cream Salad Dressing. Arrange on crisp lettuce or within the gelatine ring mentioned above.

Chicken Salad

Cut the white meat of a fowl and a little of the dark meat (not too fine). Add twice the amount of celery cut in ½ inch pieces, walnut meats broken in pieces, hard cooked egg and pimento, if desired. Blend with boiled salad dressing. Set on ice to become thoroughly seasoned. Top with mayonnaise. Serve in nest of lettuce.

Pear Salad

Cut fresh or canned pears in half. Fill the centers with cream cheese. Sprinkle with pimento, in slices or chopped fine. Dress with French dressing. Arrange in nest of lettuce.

Peach and Cocoanut Salad

Cut peach in half and fill center with grated cheese. Place halves together, set in nest of lettuce and cover with shredded cocoanut. This is to resemble a white fluffy ball. Serve pimento cream dressing in mayonnaise bowl and serve after salads have been placed.

Tomato Jelly

One can tomatoes, 2 tablespoons granulated gelatine, ½ cup cold water, 2 teaspoonfuls salt, piece of onion, bay leaf, parsley, 1½ teaspoonfuls sugar, 4 cloves.

Cook tomatoes and seasonings about 15 minutes on surface heating unit, starting with "high" and reduce to "low" when boiling point is reached. Soak gelatine in cold water until soft. Add hot liquid and stir until dissolved. Pour into moulds.

Serve with lettuce, mayonnaise dressing. One anf one-half cups chopped celery in jelly is good for variety.

Peanut and Potato Salad for Luncheon

Four cups cooked and diced potatoes or potato balls, 2 cups cucumber slices, 1 onion cut fine, 4 hard cooked eggs (cut fine), 1½ cups peanut meats, salt, pepper, celery salt to taste, one can of pimentos cut fine.

Blend carefully together, moisten with Boiled Salad Dressing. Set on ice to become thoroughly seasoned. Top with mayonnaise.

Cheese Salad

Soften ½ box of Knox gelatine in ½ cup of cold water. Add 2 cups boiling water, 3 tablespoons lemon juice and ½ tablespoon salt. Let stand until congealed. Whip with egg whip. Add 2 cups grated sharp cheese (New York Sharp) and 1 pint of whipped cream. Combine and arrange in mould. Set on ice to become firm. Garnish with cherries, halves of pears and serve with pimento cream dressing.

Cheese and Tomato Salad

Tomato Aspic. Into a mould add tomato jelly or tomato aspic, one half full; then a layer of Neufchattel cheese, then layer of tomato jelly on top. Chill. Unmould on lettuce. Top with mayonnaise.

Cheese Apple

Form into balls, a small amount of cream cheese. Roll balls in paprika until a uniform redness. Place a clove in one end of the apple and a clove stem in the other end. Use as a garnish.

List of Salad Suggestions

Hard cooked eggs with lettuce and mayonnaise.
Tomato stuffed with cucumber or asparagus.
Grapefruit, orange, pineapple; French dressing.
Green peppers, tomatoes, hard cooked eggs, endive; French dressing.
Cooked potato balls, eggs, celery and peanuts, lettuce and boiled salad dressing.
Pineapple, cheese, pimentos, lettuce; mayonnaise dressing.
Grapefruit, cheese, onion; French dressing.
Cauliflower, shrimp, eggs; boiled salad dressing.
Macaroni salad with Thousand Island dressing.
Prune salad stuffed with cheese and nuts.
Lettuce and asparagus.
Lettuce hearts. Roquefort dressing.
Chicken jelly salad.
Apple, celery and green pepper.
Date and banana.
Lobster salad.
Crab salad.
Shrimp salad.
Salmon salad.
Tomato and cucumber salad.
Tomato, cottage cheese, almonds.
Beet and cauliflower salad.
Cabbage salad.
Cherries stuffed with almonds.
Tomato stuffed with pineapple.
Celery root salad.
Celery, cabbage and green peppers.
Carrot salad.
Cauliflower and beets.
Green bean salad.
Combination of vegetables.
Grapefruit and grape salad.
Grapefruit and orange salad.
Grapefruit and date salad.
Pineapple, banana and cheese.
Oyster salad.
Tuna fish salad.
Chicken and mushrooms.
Chicken or lobster in aspic.
Cantaloupe salad.
Alligator pear salad.

Suggestions for Sandwich Fillings

Meats thinly sliced or finely chopped, (season), spread with salad dressing.
Celery chopped fine and mixed with salad dressing.
Olive chopped fine and mixed with salad dressing.
American cheese (grated) and tomato.
Lettuce, endive, mixed with mayonnaise.
Cream cheese, nuts, olives, pimentos, cucumbers or parsley chopped fine.
Peanut paste, salt, cream, chopped raisins or dates.
Figs, cooked to paste, sugar, lemon juice.
Dates and English walnuts chopped fine and mixed with cream.
Eggs chopped fine and seasoned.
Jelly with or without nuts.
Whipped cream, nuts, brown bread.
Jam or marmalade—add cocoanut.
Chicken and ham—green peppers.
Club sandwiches.
Ribbon sandwiches.
Russian sandwiches.
Toasted cheese sandwiches.
Light and dark breads combined.

CHAPTER 13

Beverages

The joy of coffee begins before breakfast, begins with the first fragrance from the percolator or coffee pot and arouses many a sleepy brain to anticipation.

Yet, delicious coffee not only depends upon good coffee but upon the percolator and the knowledge on the part of the one whom makes the coffee.

With the increasing popularity of our national drink, new appliances for making coffee have been invented and old methods have been given up or revised into new.

The Electric Percolator makes the best coffee, the kind that satisfies the most fastidious palate, and the kind of coffee one remembers as delicious.

One of the first steps is freshly ground coffee, freshly drawn water, if cold, and freshly boiled water, if hot. If coffee pot is used, cover the spout or insert paper so the aroma will not escape. Have percolators and coffee pots well scalded and in prime condition.

Tea lovers are very particular as to the kind and flavor of tea they like. One cannot enjoy black tea if their choice is green and it is so easy to tell whether the water was boiling or not when poured upon the tea.

Tea should always be kept in an air tight container, and always freshly boiling water. Tea pots should be thoroughly heated, before adding the tea, then boiling water, and steep about three minutes for black teas and ten for green teas. Serve with cream or sugar, or lemon and sugar, orange, cloves, ginger, etc.

Coffee

Place the pump type percolator upon the small unit. Fill the bowl of the percolator with cold water, the number of cups desired. Place pump and, in the coffee cage add the number of level tablespoons of coffee as cups of water. Place the top and set upon the electric unit on "high." Continue until coffee is of sufficient strength.

Making Coffee in the Old-Fashioned Coffee Pot

Turn medium-size surface heating unit on "high" and upon it the porcelain teakettle containing the amount of water needed and, when boiling, add to the coffee pot containing the tablespoons of coffee, (one tablespoon to each cup of water). Place coffee pot on unit "high" and when boiling point is reached, turn unit "off" and let boil 3 minutes on retained heat. A little egg white or the coffee moistened with cold water may be used if liked, to aid in clearing.

Coffee in the Hotpoint Electric Percolator

Scald percolator and prepare for use. Fill the bowl with cold water, the number of cups wanted. Place the pump tight upon the heating element. Place the coffee cage and add as many tablespoons of coffee as cups of water. Add distributor and glass top. Make electric connection and percolate about fifteen minutes. When percolation begins to cease and steam goes through the pump the coffee is ready to serve.

Black or "After Dinner" Coffee

Put into a bag or upper part of a filter coffee pot, one cup of finely ground coffee and pour through it 5 cups of boiling water. (Pour slowly.) Coffee must be kept hot but not allowed to boil. The coffee may be poured over the bag of grounds a second time if desired stronger. Serve very hot.

Breakfast Coffee

Use ½ cup of coffee to 5 cups of boiling water. Follow above recipe.

Hot Tea

Scald teapot, drain well. A scant level teaspoon of tea is used for each ½ pint of water; add tea to the pot or place in a tea-ball. When the water is rapidly boiling, remove from unit and pour into the teapot. The medium-sized surface unit is the one usually used for heating water. Turn on "high." The white or gray enamel pan, covered, will give you a quick time in heating. The water used for making tea is usually measured and only the amount needed is brought to the boiling point. The steel teakettle, nickeled on top and sides, is also splendid and heats efficiently.

Russian Tea

Serve hot or cold with lemon, and a candied cherry served in each cup.

Iced Tea

For each cup of boiling water, add 1½ to 2 teaspoons of tea. Prepare as for Hot Tea. Pour into glasses one-third full of cracked ice. Serve with powdered sugar.

Ginger Tea

Serve with Hot or Iced Tea, preserved or crystalized ginger.

Hot Chocolate

For one quart of chocolate. Four level tablespoons of grated chocolate in saucepan add one cup of boiling water. Stir until mixture reaches the boiling point, then remove. Surface heating unit on "high." Place on unit 3 cups of milk, 3 tablespoons sugar, and when scalding hot add the chocolate mixture. Turn unit "low." Place egg whip into the chocolate and whip very hard for about two minutes, then unit "off." When boiling nicely remove and serve at once. There will be sufficient heat in the unit "off" to finish this beverage.

Hot Cocoa (For Breakfast)

Four teaspoons cocoa, 4 teaspoons sugar, 2 cups water, 2 cups milk. Mix the cocoa and sugar with hot water, and boil on surface heating unit "high" about 4 minutes. Add mixture to hot milk, cook fifteen minutes in double boiler. Beat with dover beater. Serve very hot.

Iced Coffee and Cocoa

In hot weather it is appropriate to serve iced coffee or cocoa in a glass, with ice and powdered sugar. Left over cocoa or coffee may be used. Make slightly stronger than for hot drink as ice dilutes the liquid.

Fruit Punch

One-third cup lemon juice, 1 cup orange juice, 1 quart of water, ¾ cup granulated sugar. A flavoring of grated lemon and orange rind if desired. Bring sugar and water to the boiling point, cool, and add fruit juices and cracked ice.

Ginger Punch

Use above recipe, substitute ginger ale for water and add 3 teaspoons preserved ginger, cut fine. Serve very cold.

CHAPTER 14

Canning

Canning Fruits and Vegetables, Using the Heated Air of the Hotpoint Electric Oven. Jelly and Preserving Hints in Oven and Surface Unit.

Steps in Cold Pack Canning

1. Vegetables and fruits should be as fresh as possible. Can the same day they are purchased or picked, or as soon as possible.
2. Have ready: Large pan or holder in which sterilizing is to be done. Large pan of boiling water for use in blanching. Teakettle of boiling water for filling jars when packed with vegetables.
3. Arrange on work-table with directions.
4. Test jars, rubbers and tops; sterilize thoroughly.
5. Grade vegetables or fruit according to ripeness and size.
6. Prepare fruits and vegetables—string beans, shell peas, peel tomatoes, stone cherries, etc.
7. Blanch such fruits and vegetables as tomatoes, beets, carrots, corn, beans, peaches, pears, etc., in boiling water. Blanch the green vegetables, such as asparagus, peas, etc., in steam, using colander within a tightly covered receptacle. Time table follows.
8. Cold dip. Remove fruit or vegetables immediately from cold water.
9. Have sterilized jars ready. Let stand in hot water. Fill with fruit or vegetables, leaving ½ inch at top of jar. Pack jars carefully but firmly.
10. Add syrup to fruit, boiling water and salt to vegetables, liquid to cover.
11. Adjust tops, rubbers, screw tops on loosely.
12. Put shelf on third runner above lower unit of your electric oven. Place jars on shelf or in a dry dripping or shallow pan. They will be easier to handle in pan. Do not let jars touch.
13. Pre-heat oven to 250 degrees. Turn upper heating unit "off," lower unit to "medium." Do not allow oven to exceed 300 degrees and never use upper unit, as this will crack the glass jars.
14. When the liquid begins to boil, begin to count the time.
15. Screw tops very tight the moment they are removed from the oven.
16. The storing of canned goods is very important. Light and heat will spoil food; freezing must be guarded against. Remove to a cooler room to cool as rapidly as possibly and store in a cool place.
17. The process of canning in the electric oven accomplishes the same desired results as the hot water bath on the surface heating unit. The use of heated air takes the place of hot water, a very great convenience and saving in time, and boiling point of the liquid is maintained from 215 to 225 degrees.
18. One teaspoon salt to boiling water, per quart jar.
    Thin syrup: One part sugar to 4 parts water.
    Medium syrup: One part sugar to 3 parts water.
    Thick syrup: One part sugar to 2 parts water.
    Use thin syrup for sweet fruits, medium syrup and thick syrup for sour fruits. We suggest the following time-table—count time after the boiling point is reached:

Cold Pack Canning Chart

Product	Preparation	Syrup or Boiling Water	Time
Berries, Fruit and Vegetable Fruits			*Count after the boiling point is reached—*
Raspberries		Thin Syrup	Quart jars—20 minutes.
Cherries	Look over carefully.	Medium Syrup	Pint " —16 "
Strawberries	Cold dip, remove at once.	Thin Syrup	" " —" "
Blackberries	Pre-heat oven to 250°.	Medium Syrup	" " —" "
Plums		Medium Syrup	" " —" "
Gooseberries		Medium Syrup	" " —" "
Apples		Medium Syrup	
Pears	Blanch 1½ minutes, then cold dip.	Thick Syrup	Quarts 24 minutes.
Peaches		Thick Syrup	Pints 20 minutes.
Rhubarb, Etc.		Medium Syrup	
Vegetables			
Green Peppers	Blanch 15 minutes, cold dip.	Fill jar with boiling water, add one teaspoon of salt to each quart jar	Quart jars 90 minutes.
Ripe Peppers	" 3 " " "	"	" " 90 "
Asparagus	" 12 " " "	"	" " 90 "
Cauliflower	" 4 " " "	"	" " 40 "
Peas	" 6 " " "	"	" " 60 "
Beans	" 6 " " "	"	" " 180 "
Beets	" 6 " " "	"	" " 90 "
Carrots	" 2 " " "	"	" " 90 "
Okra	" 3 " " "	"	" " 120 "
Tomatoes	" 2 " and skin.	"	" " 24 "
Corn	" 5 " on cob	"	" " 180 "
Pumpkin	and cut in cubes, cold dip.	"	" " 120 "

Reply—Dip a clean metal spoon (wooden spoons do not give the same results) in the boiling jelly and allow jelly to drip from side of spoon. The jelly is done when the drops flow together and fall from the spoon instead of in separate drops.

General Rules for Jelly Making

Delicious jelly should be of good clear color, and should remain in good mould or form when taken from glass. Should be tender and yet not break up.

Put soft fruit in sauce pan, crush with a potato masher and let heat slowly. Cut firm fruit into pieces and cook in water to cover. When fruit is tender, turn into a cheese-cloth bag and let drain.

A pan four or five times the measurement of cold liquid is the size suitable for boiling jelly. The time of cooking will depend upon quantity and texture depends quantity, only a few glasses of jelly can be made first class at one time —as rapid boiling insures the sparkle and tenderness of jelly.

Heat sugar in oven in order to overcome the coldness and retard as little as possible the boiling point.

When juice has been strained, measured and brought to the boiling point, add sugar immediately and stir until sugar is dissolved. Boil rapidly and determine jelling point. Place in glasses or jars and when cool remove any foam from top—cover with paraffin.

Measurements of Juice and Sugar

Current or Green Grape Jelly: 1 cup of juice to 1 cup of sugar.

Ripe Grape, Plum, Blackberry, Raspberry, Apple or Crabapple: 1 cup of juice to ¾ cup sugar. 222°

Time of Boiling Some Commonly Jellied Fruit Juices

Currants and Grapes	8 to 10 minutes
Blackberries	12 to 15 minutes
Apple Jelly	15 to 20 minutes

Surface heating unit on "high" for jelly making. The use of the oven for boiling down jam, butters, etc., at 250 to 300 degrees is very desirable and very labor-saving.

Blackberry Jelly

Into sauce pan add 3 quarts of blackberries and juice of one lemon. Crush berries, bring slowly to the boiling point, strain through jelly bag, when fruit is soft. Using heating unit "medium."

Measure juice, return to heating unit "high" bring to boiling point and continue 5 or 6 minutes. For each cup of juice used add ¾ cup sugar. Boil about 2 minutes longer—(220 degrees). 222°

Red Raspberry Jam

Wash and crush berries and to each quart add ½ quart of water. Let stand 15 minutes. Place in kettle and set upon surface heating unit on "medium"—bring to boiling point and let simmer 15 minutes.

Allow ¾ cup sugar to 1 cup of fruit mixture. Add heated sugar. Stir frequently and cook down like jelly. Make jelly test, try a little in sauce dish.

Pear Conserve

Place in sauce pan, equal amounts of peeled, cut and chopped pears and grated pineapple. For each one pound of fruit add juice of 1 lemon, grated, rind of ½ lemon, ¾ pound of sugar. Let stand several hours or over night. Use surface heating unit "medium." Cook down thick like jam, about 10 minutes before done add one cup walnut meats for each quart of conserve.

Peach Nut Conserve

Fifteen cling peaches, 2 oranges, ¾ pound nuts, pinch salt, 1 cup sugar for each cup of fruit.

Chop and cut fruits, add sugar. Boil until 220 degrees F. (thick preserves), add nuts a few minutes before done. Stir to prevent sticking and burning. Use heating unit "medium"—"low" at last.

Orange Marmalade

Eight thin-skin large oranges, 1 grape fruit, 2 juicy lemons, 6 pounds sugar, 10 cups water. Peel and slice one-half oranges. Do not peel the other half but slice thin. Grate the skins of lemons and cut lemons very fine. Squeeze the juice of the grape fruit. This should weigh three pounds.

Put all in a preserving kettle and pour over 10 cups water. Let stand 24 hours and boil 20 minutes. Let stand 24 hours and boil 30 minutes. Let stand 24 hours again and add the 6 pounds sugar. Stir well. Then boil until mixture jellies which will be 20 to 30 minutes. Use heating unit on "high."

Cranberry Jelly

Pick over and wash one quart cranberries. Seed ½ cup raisins, combine and add 1 cup boiling water. Bring to the boiling point on heating unit on "high" and boil 20 minutes. Put through sieve and add two cups of sugar to the pulp. Boil 5 minutes, stir continually. Mold, chill and serve. Turn unit "off" before the jelly is done.

Sunshine Strawberry Preserves

Measure equal parts sugar and strawberries. Arrange alternating layers of strawberries and sugar in a preserving kettle. Place on heating unit on "medium" and bring slowly to the boiling point, skim and boil ten minutes. Turn unit "off." Pour the fruit on platters and place in the sunshine for three or four days. When fruit is plump and syrup thick, seal cold in jars or glasses. Cover with paraffin.

CHAPTER 15

Suggestions for Operating the Hotpoint Electr Oven for Oven Dinners

The use of the electric oven for oven dinners is one of the great time fuel savings. It is not possible to combine all articles of cooking in the For instance, cake baking is an article of food handled usually by itself almost everything in the meat and vegetable line can be combined full or of the time, covering the oven dinner.

The highest temperature and the length of time needed for the va foods to go into the oven, are of first consideration. The most used tem ture for oven dinners is 300° to 400°. When foods are thoroughly heate the desired temperature is stable, the switch may go "off." The various t to take into consideration are:

1. The temperature of searing meats.
2. Pastry started before vegetables go into the oven.
3. Keep moisture out of the oven as far as possible—no water to meats—very little to vegetables. Use covered pan for vegetab
4. When all is well heated and started, turn "off" the oven sw or, in some cases, the lower unit to "low."

Oven Dinner No. 1

Pot Roast
Beet and Horseradish Relish
Steamed Potatoes
Carrots Baked Bananas
Lemon Pie
Coffee

Pre-heat Electric Oven to 450°. Turn upper unit "off." Place p in oven. Use lower unit "high" 10 to 12 minutes. Remove pie shell. pot roast in casserole, seasoned, dusted with flour, etc. Place casserole i use both upper and lower units "high" 10 minutes, then upper unit "off," unit "medium." Place in oven, pan containing carrots, pan containin toes (one-half inch of boiling water in base of pans, cover tightly). bananas and place in oven, here and there. Let oven operate about on The lemon custard can be cooked on surface heating unit and meringu at the last minute. It will have time to cool during dinner.